



BOB SIERRA GYMNASTICS CENTER PRESCHOOL & PROGRESSIVE GYMNASTICS & TUMBLING

	M	TU	W	TH	F	SA
Toddler Play Day 4 AND UNDER						
Parent & Child AGES 1-2						
Tiny Tumblers AGE 3-4						
Girls A Beginner AGES 5-9						
Girls B Beginner AGES 8-14						
Girls Intermediate AGES 5+						
Girls Advanced AGES 5+						
Boys Beginner AGES 5+						
Boys Intermediate AGES 5+						
Tumbling AGES 6-15						
Open Gym AGES 5-15						

MEMBERS	NON MEMBERS	COST FOR 2 CLASSES
PRIVATE LESSONS		

REGISTRATION NOW OPEN!

BOB SIERRA NORTH TAMPA FAMILY YMCA 4029 Northdale Blvd., Tampa, FL 33624 813 962 3220 ext. 3214 tampaymca.org Brittany.Lindsay@TampaYMCA.org



FREE TRIAL CLASS

at the Bob Sierra Family YMCA Gymnastic Center
Exp. 12/31/19
Limit one per customer



BOB SIERRA GYMNASTICS CENTER PRESCHOOL & PROGRESSIVE GYMNASTICS & TUMBLING

CLASS DESCRIPTIONS

Parent/Child

Parent & child class is for toddlers of walking age up to 3 years old. Parents will be on the floor with the toddlers and interacting the entire class. It's a great time to bond with your child!

Tiny Tumblers

Structured, gymnastics event related classes with warm-up and gymnastics circuits. Child must be comfortable attending class on their own in Tiny Tumblers (age 3 & 4). Learn school readiness skills, motor movement, colors and shapes!

Girls Beginner A & B

Girls begin to learn the basic skills on the four Women's Olympic Events: Vault, Uneven Bars, Balance Beam, and Floor. Flexibility and strength training are an integral part of each class. Class is 55 minutes long. A= Ages 5 - 9, B= Ages 8 & up

Girls Intermediate

An intermediate class for those who have mastered basic skills and are ready to be challenged with more advanced skills on all four Women's Olympic Events. Classes are 55 minutes long.

Girls Advanced

After mastery of skills at the intermediate level, gymnasts work on more advanced skills on all four Women's Olympic Events. This class acts as a pre-team level for those who wish to join the competitive team. Class is 2 hours long. Class is by recommendation only.

Boys Beginner

Boys begin to learn the basic skills on the 6 Junior Olympic Men's apparatus. Flexibility and strength training are an integral part of each class. Classes are 55 minutes long.

Boys Intermediate

An intermediate class for those who have mastered basic skills and are ready to be challenged with more advanced skills on all six Men's Olympic Events. Classes are 55 minutes long.

Tumbling Class

From basic tumbling to more advanced tumbling skills. Participants will stretch to enhance flexibility, drills to enhance their tumbling skills from beginning to end. Great for those who want to enhance their regular gym or cheer skills. Classes are 55 minutes long.

Open Gym

Each participant is invited to have open play in our gymnastics center. Participants are supervised by safety trained gymnastics staff. Whether you're working on new skills or just bouncing on our trampoline, it's a fun time for all! Ages 5 - 15.

Private Lessons

A one-on-one class focusing on goals of the individual. Offered in half hour and hour sessions. For Private Lessons, fill out a Private Lesson Form at the Welcome Center. An Instructor will contact you to set up your lesson. Ages 5+

FAQ

Attire

Leotards are preferred for girls. If unavailable, cotton shorts and a T-shirt are acceptable. No shoes or socks in the gym. Hair must be pulled back for girls. Boys should wear shorts and T-shirt.

Class Minimums

If a class has fewer than 3 gymnasts registered, it will be canceled. All participants will be contacted to switch to another class. This will happen at the end of week 2.

Make-up classes

Make-up classes should be scheduled with your instructor and must be completed before the end of the current month.

Refunds

You may cancel a class or program prior to the beginning date of the class/program. No refunds, credits or program transfers will be issued on or after the day the program begins. You are reserving time, space, staff and provisions for your child whether or not he or she attends. The YMCA will not refund program fees unless the class is canceled by the YMCA or the participant is unable to attend due to a medical emergency or special circumstance.

Monthly Charges

Auto-pay will occur on the business day closest to the 20th of each month.