



## **Youth Activities Ages 7—18 years**

### **Hampshire Regional YMCA Refund Policy for Programs/Classes**

Requests for refunds or credit must be made in person or in writing. Refund or credit will be given according to the following schedule:

100%- 2 weeks before 1st week of class  
100% -voucher only 1 week prior to start of class

Once session begins, all changes must be approved by the program director.

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**Karate**

*All classes meet in the Gym unless otherwise specified.*

## **Fall Session 1**

**September 7—October 30**

Member registration begins August 9  
Non-member registration begins August 23

**Hampshire Regional YMCA**  
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## Gymnastics and Dance

### **Fliptastics 1 Gymnastics (Ages 7 and up)**

This class is a great transition from beginner gymnastics into more intermediate skill building . Vaulting will involve repulsion from the hands, while children will learn how to actually swing on the bars, and perform inverted skills on the balance beam, and on floor they will begin to learn how to combine grace and power through skill advancement.

Tuesday or Thursday 4:45 – 5:30 pm

Member \$48, Non-Member \$93

### **Fliptastics 2 Gymnastics (Ages 7 and up)**

This class is for gymnasts who have the basic skills from the previous levels, and can perform them sharper, and are more refined, and consistently. They will learn how to vault in a powerful, yet controlled way. The bar skills they will acquire will involve more upper body strength building. On beam these gymnasts will learn are turning, and rotating. Floor exercise skill building will involve drills and lead up skills for back handsprings, and more.

Tuesday or Thursday 4:45 – 5:30 pm

Member \$48, Non-Member \$93

### **NEW! Cheer Dance (Ages 7-13)**

This class teaches your child the basics of cheering, and cheer style dancing. The chants make learning the choreography easier and more fun!

Sunday 3:00-3:45 pm

Member \$48, Non-Member \$93

Class is held in the Gym *with Caitlin*

### **NEW! Hip Hop Dance (Ages 5-7)**

This high energy class will teach your kids how to get funky with the hottest hip hop songs! Join us for cool moves and bangin' beats!

Friday 4:45-5:30 pm

Member \$48, Non-Member \$93

Classes are held in Studio # 2 *with Caitlin*

### **NEW! Children's Ballet/Jazz (Ages 5-7)**

With a prerequisite of Creative Movement (or comparable dance class), this class will begin to teach a more structured quality of movement. Basic ballet and jazz concepts are taught.

Saturday 11:30-12:15pm

Member \$48, Non-Member \$93

Classes are held in Studio # 1 *with Shari*

### **Team Fees:**

All Team members must have an active Hampshire Regional YMCA membership. Uniforms and events are separate fees.

Fall/Winter Semester 1	Level 2 & 3 Home & Travel Teams	Level 4+ Home & Travel Teams
Household Member Discount	\$335	\$441
Youth or Y-Team	\$410	\$520

**Please note:** First semester payment is increased for level 4+ because of extra practice during pre-season.

### **Gymnastics Team Levels:**

**Level 2**—Because we want to have a place for everyone on our team, we are now accepting level 2 gymnasts. Just like the upper levels of our team we stress learning basics first for safe skill progressions. These young athletes compete in 2 home meets and 2 away meets so that they can get a taste of competing with less intensity. Must be at least 5 years old.

**Level 3** – These gymnasts learn the routines, and are a part of all events. Gymnasts are always grouped by age group within their level at meets to ensure success for all. Must be at least 6 years old.

**Level 4 and up** – The upper levels of gymnastics team (4 - 8) are learning and competing at a higher skill level. They also travel to competitions outside our Western Area League. Must be at least 6 years old.

**Home Team**—The Home Team learns the same skills and routines as the Travel Team, however by the gymnast's or the coach's decision they do not compete. Home Team athletes still participate in all other team activities. Any level may opt to be part of the Home Team. This will create a space for those athletes who need to focus on skill development without the pressure of competition. The practice schedule will be the same as the regular team, so the cost is the same as a travel team gymnast.

## Gymnastics and Dance cont.

### ***HRV Gymnastics Team***

#### **Gymnastics Team 2010-2011**

*Our Gymnastics Team offers great opportunities to excel in an exciting and dynamic sport in a safe, enthusiastic, and motivating environment. Gymnasts are introduced to competition when it is appropriate for them physically and mentally.*

*The impact that being part of a team has on an individual lasts a lifetime. Through a team environment, many friendships and bonds are shared. Teams promote sharing, cooperation, and compromise, which are important lessons to be learned. Setting and achieving goals while acquiring new skills results in increased self-esteem.*

#### **Practice Schedule:**

##### **Level 2 & 3**

Tuesday 5:00 pm – 6:15 pm  
Thursday 5:00 pm – 6:15 pm  
Saturday 10:00-11:15 am

##### **Level 4+**

Tuesday 6:00 – 8:30 pm  
Thursday 6:00- 8:30 pm,  
Saturday 10:00 am – 12:30 pm  
Sunday 4:00 – 7:30 pm (Preseason Only)

***Interested in joining our Team? Come tryout!***

***Fall Tryouts are September 9th @ 5:50-6:30 with an orientation to follow. For more information contact Head Coach Marion Jordan.***

#### **NEW! Tricks (Ages 10-16)**

Learn cool tricks from the world of dance! Leap, jump, and turn while you get fit and have fun!

Saturday 3:00-4:00 pm

Member \$50, Non-Member \$100

Classes are held in Studio # 2 with Caitlin

#### **NEW! Adult Dance Classes (Ages 15+)**

Learn a variety of dance genres in this fun new class! We will touch on Hip Hop, Modern, Broadway, and Jazz. All abilities are welcome.

Thursday 7:15-8:15 pm

Member \$50, Non-Member \$100

Classes are held in Studio # 1 with Caitlin

#### **NEW! Adult Gymnastics Classes (Ages 15+)**

Gymnastics is not just for the kids! Come join us for an invigorating interval style warm up, then you'll be guided through some basic gymnastics skills, and we will end with some relaxing stretching. All abilities are welcome.

Saturday 11:15-12:15pm

Member \$50, Non-Member \$100

Classes are held in the Gym with Marion

#### **NEW! Advanced Tumbling (Ages 8-16)**

This class is for a slightly more experienced tumbler who is ready for more difficult skills and combinations. Gymnasts can learn walk-overs, handsprings and even saltos! Using our Tumble Track and various training surfaces, our experienced instructors will get you flipping!

Sunday 4:00—5:00pm

Member \$50, Non-Member \$100

## Youth Sports

### **NEW! Kickball & Dodge-ball (Ages 7-10)**

Our new class will allow your child to play and develop their skills in a controlled environment. School yard classics such as kickball and dodge-ball will improve coordination, motor skills, and strategic thinking.

Wednesday 4:45-5:30pm

Member \$48, Non-Member \$93

### **NEW! Rookies Basketball (Ages 7-9)**

This one hour basketball class will help tone each player's skills in preparation for the upcoming Basketball season. Each lesson will focus on improving offensive & defensive skills through drills and scrimmages.

Monday 5:15-6:15 pm

Member \$43.75, Non-Member \$87.50

### **NEW! Flag Football (Ages 7-10)**

This is a fun and simple class for players to learn to excel! This class provides a great training environment to develop passing, catching, and carrying skills. Through teamwork, light drills, and scrimmages, players will learn the basics of flag football.

Friday 3:30-4:30pm

Member \$50, Non-Member \$100

### **NEW! Frisbee Fundamentals and Fun (Ages 7-14)**

This new class focuses on building Frisbee skills, learning fundamentals of Ultimate Frisbee, and team building. Once basic concepts are mastered, we will begin to play full games of ultimate. Classes will be held in the gym or outside (weather permitting).

Friday 4:45-5:45pm

Member \$50, Non-Member \$100

## Advanced Gymnastics and Karate

### **Level 1 (Ages 5-9) & Level 2 (Ages 10 - 15)**

We are proud to offer these advanced classes that can help your young athlete enjoy a great sport without the pressure or intensity of being on a team. These gymnasts get two hour-long classes taught by our skilled team coaches. Gymnasts can expect to gain a lot of skill, strength, and flexibility development through this new class. To achieve the greatest success rate and have the highest amount of attention given, the space in the class will be limited.

Tuesdays & Thursdays 5:15 – 6:15 pm

	<b>Sept. 14-Dec. 17 Fall/Winter Semester</b>	<b>Jan 6 – June 16 Winter/Spring Semester</b>
Household Member Discount	\$212	\$212
Youth or Y-Team	\$228	\$228
Non-Member	\$258	\$258

### **NEW! Karate Class (Ages 7-12)**

With over 20 years experience in teaching karate to children, youth, adolescents, and adults, Northampton Karate is pleased to participate in the Y's program as a way to introduce traditional karate and self defense to children and youth. The class will focus on basic self defense, respect, discipline, and the traditions of the Okinawan-style karate. Sensei Anna-Maria Goossens is a 3rd degree black belt and has been instructing all age groups and skill levels for over 10 years..

Thursday 5:30-6:15 pm

Member \$75, Non-Member \$125

**Attire:** A 'Gi' is required for participation and is included in the class fee.

Please indicate size at registration

Classes are held in Studio # 2 *with Ana Maria*

### **Family Karate (Ages 6-12 with Adult)**

This class is offered FREE to YMCA Members ONLY.

Ages 6-12 & ADULT PARTICIPATION IS A MUST!

Monday 4:30-5:15 pm

Studio # 1 *with Ana Maria*