



We build strong kids, strong families, strong communities.

Pickaway County YMCA - 740-477-1661
 Jill Puthoff, Senior Program Director : jputhoff@ymcacolumbus.org

Fall I - September 6 - October 24, 2010

Registration begins: Metro/Facility Members - July 31

Program Members - August 7

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	F	P*							
Gymnastics										
Rollers (ages 6-12)	25	25	65	P321		5:30P-6:30P				
Rollers (ages 6-12)	25	25	65	P321A						9:00-10:00AM
Rollers (ages 6-12)	25	25	65	P321B		7:15P-8:15P				
Swingers/Kippers (ages 6-12)	30	30	65	P323			6:00P-7:30P			
Tumbletots (ages 2-3)	20	20	51	P342A				10:30A-11:00A		
Tumbletots (ages 2-3)	20	20	51	P342B						10:45-11:15AM
Tumbleweeds (ages 4-5)	22	22	65	P331		6:30P-7:15P				
Tumbleweeds (ages 4-5)	22	22	65	P331C				9:45A-10:30A		
Tumbleweeds (ages 4-5)	22	22	65	P331D						10:00-10:45AM
Martial Arts										
Karate - Youth (ages 5-12)	30	30	68	P301			6:00P-7:00P			
Karate - Adult (ages 13-Adult)	30	30	68	P301A			7:00P-8:00P			
Youth Sports Classes										
Youth Volleyball Class (ages 9-10)	30	30	50	P315V		6:00P-6:45P				
Pee Wee Sports (Parent / Child)										
PeeWee Soccer Class (ages 3-5)	30	30	50	P315B				6:00P-6:45P		
If needed a 2nd Pee Wee Class will be added on Thursday evenings 6:45-7:30pm.										

M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
F = YMCA Facility Member **FREE** = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
 Judeo-Christian principles that build a healthy spirit, mind and body.

8/16/2010



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GYMNASTICS

Tumbletots (ages 2-3)

A parent / child class that teaches basic gross motor skills while using basic gymnastic fundamentals and apparatus.

Tumbleweeds (ages 4-5)

Basic gross motor and fine motor development is emphasized as youth learn the fundamentals of gymnastics moves on the floor, beam, vault and bars.

Rollers (ages 6-12)

Basic Training in gymnastics with an emphasis placed on basic body mechanics and skill development on the floor and apparatus. At the end of the session the instructor will either recommend the youth to move up to Swingers or continue in Rollers again to meet Swingers requirements.

Swingers/Kippers (ages 8-12)

Classes may be split based on age and/or skill level. Youth begin advanced level gymnastics training with emphasis on flexibility and strength, and continue to build their skills on the floor, and apparatus. Participants must have successfully completed the Rollers class and must have instructor approval to take this class.

MARTIAL ARTS

Youth Karate (ages 5-12)

This class teaches Fundamentals of proper technique and skill are covered in this martial arts program.

Adult Karate (ages 13 & up)

This class teaches basic Karate movements in a fun and relaxed environment. Belt adjustments and Karate Tournaments are regularly scheduled but not required.

YOUTH SPORTS CLASSES

Volleyball Class (ages 9-10)

This class focuses on the physical and social development of our young athletes. The athletes will be introduced to basic skills of the sport and social skills involved in youth sports.

PEE WEE SPORTS

Soccer Class (ages 3-5)

This class focuses on the physical and social development of our young athletes. The athletes will be introduced to basic skills of the sport and social skills involved in youth sports. **Parent participation is required.**

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