

## Sunbury Gymnastics Program

**Tiny Tots** - Learning in a fun environment with age specific lessons. Stimulate movement and motor skills

- Ages 3 - 4 8 week session
- Tuesday 10:30 – 11:00 and 4:30-5:00 or Thursday 4:15-4:45
- \$28 fam.mem. \$48 youth \$70 non-mem

**Kinderfit** – Stretching, development of motor skills designed for this age group.

- Ages 4 –5 8 week sessions
- Wednesday 4:00 – 4:45 or 4:45-5:15
- \$32 fam.mem \$53 youth \$75 non-member

**Tiny Tumblinas- One Hour Class** focusing on basic gymnastics and skills.

- Ages 4-6 8 week session
- Mon 4-5pm
- \$35 fam. member \$60 youth \$80 non-member

**Tumbling with Pat** – perfect your tumbling skills with **Mr. Pat Morgan**

- Ages 5 and older 4 week sessions
- Wednesday 5:00 – 6:00 & 6:00 – 7:00
- \$20 fam.mem. \$30 youth \$40 non-mem

**Boys & Girls Jr. Olympic Prep Program** –Developing and demonstration the appropriate skills to advance to competition

- Ages 4 and up monthly
- Call for more information.

**Boys Future Stars**— Boys will develop skills and routines necessary for competition

- Mon & Wed. 5-8 pm
- \$60 fam.mem. \$75 youth \$100.00 non-mem

**Girls JOP Beginners Level 1**

- Tues and Thurs 5-6:30
- \$40 fam.mem. \$50 youth \$65 non-mem

**Girls JOP Level 2** Successful completion of level 1

- Tues and Thurs 5- 6:30
- \$40 fam.mem. \$50 youth \$65 non-mem

**Girls JOP Level 3** Successful completion of level 1 &2, and skills evaluation, 1<sup>st</sup> Competitive level

- Mon & Wed 5-7pm monthly
- \$40 fam.mem. \$60 youth \$85 non-mem

**Girls JOP Level 4** Successful competition of levels 1-3 and skill evaluation- Competitive level

- Mon & Thur 5-8pm
- \$60 fam.mem. \$75 youth \$100.00 non-mem

**Girls JOP Level 5 and up-** Successful completion of previous levels, or previous USAG membership & skills evaluation.

- Call to talk with a gymnastic instructor.

**Recreational Gymnastics-** Students who has some training and wishes to kept their skills honed without desire to compete.

- Friday 5-6:30
- \$40 fam.mem. \$65 youth \$100.00 non-mem

All Gymnastics classes will have the opportunity to participate in shows, activities and parades as they become available.

## Milton Gymnastics Program

**Beginner Gymnastics** – for the gymnast with little or no knowledge of gymnastics. Warm up, stretching, and use of vault, bars, beam, and floor.

- **Tuesday 5:30-6:30 Ages 4 and up**
- \$10 fam.mem. \$21 youth \$29 non-mem

**Intermediate Gymnastics** – For the more advanced gymnast. More difficult skills and a higher level of strength and flexibility. Admission to class reserved under the instructor's discretion.

- **Thursday 5:30-6:30**
- \$10 fam.mem. \$21 youth \$29 non-mem

### **Racquetball Policies and Procedures**

- Use of court FREE to members
- Court time is limited to the 1 hour reserved unless the court is available.
- Members over age 18 may reserve courts anytime during hours of operation
- Non-members may not reserve courts. They may play with a member who has a reservation. Guest fee charged.
- Non-members playing w/o a member must pay a guest fee AND an additional \$5 court fee.
- Members Age 13 –17 may reserve court time with the following exceptions: Mon-Fri 5-9pm , noon hour, and 6 - 8 am
- No one under Age 12 may use the courts unless they have proper knowledge of Racquetball and have director's approval.
- Youth may only play in court #2
- Racquets, balls, and eyewear are available at the front desk.
- **Protective eyewear is MANDATORY.**
- No black soled shoes allowed on the court.
- No horseplay will be tolerated.

### **Massage Therapy at the Sunbury YMCA**

Nationally Certified Massage Therapist  
**Amie Griffin**

Offering Swedish Massage

Member: 1/2hr \$25 1 hr \$35 1 1/2hr \$45  
Non-mem.: 1/2 1/2hr \$30 1hr \$40 1 1/2hr \$50

#### **Also offering!**

Reiki, Deep Tissue, Sugar or Salt Scrub Spot  
Treatment, Reflexology, Pregnancy and Hot Stone  
Massages

Hand and Body Paraffin Treatments

Look for Monthly Specials

**Call the Sunbury YMCA to set up an appointment**