



# BAY Gymnastics

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WINTER SESSION (5 WEEKS)

CLASSES HELD: December 4, 2017 - January 15, 2018 (Holiday Break Dec. 22 - Jan. 1)

### Registration Opens Wednesday, November 1

<b>TumbleBaby Crawlers</b> (Crawling to Walking) Members \$0 / Non-Members \$12	<b>Pick One:</b> Tuesday 8:45-9:10 am	
<b>TumbleBaby Walkers</b> (Walking to Age 3) Members \$50 / Non-Members \$65	<b>Pick One:</b> Tuesday 9:30-10:10 am	Wednesday 9:30-10:10 am
<b>TumbleBugs</b> (Age 3) Members \$50 / Non-Members \$65	<b>Pick One:</b> Tuesday 10:15-10:55 am	
<b>TumbleBees</b> (Age 4 & 5) Members \$67 / Non-Members \$80	<b>Pick One:</b> Tuesday 6:00-6:55 pm	Wednesday 5:30-6:25 pm
<b>Gymnastics 1</b> (Age 6-12) Members \$67 / Non-Members \$80	<b>Pick One:</b> Monday 4:15-5:10 pm	Thursday 5:30-6:25 pm
<b>Gymnastics 2</b> (Age 6-12) Members \$67 / Non-Members \$80	<b>Pick One:</b> Monday 5:15-6:10 pm	Thursday 6:30-7:25 pm
<b>Gymnastics 3</b> (Age 6-12) Members \$67 / Non-Members \$80	<b>Pick One:</b> Monday 6:15-7:25 pm	

## WEEKDAY SPRING SESSION (11 WEEKS)

CLASSES HELD: Monday, January 29 - Saturday, April 21 (Spring Break March 9 - March 18)

### Registration Opens Monday, November 20

<b>TumbleBaby Crawlers</b> (Crawling to Walking) Members \$0 / Non-Members \$26	<b>Pick One:</b> Monday 9:30-9:55 am	
<b>TumbleBaby Walkers</b> (Walking to Age 3) Members \$112 / Non-Members \$143	<b>Pick One:</b> Tuesday 9:30-10:10 am	Wednesday 9:30-10:10 am
<b>TumbleBugs</b> (Age 3) Members \$112 / Non-Members \$143	<b>Pick One:</b> Monday 10:15-10:55 am	Wednesday 10:15-10:55 am
<b>TumbleBees</b> (Age 4 & 5) Members \$148 / Non-Members \$179	<b>Pick One:</b> Tuesday 6:00-6:55 pm	Wednesday 5:30-6:25 pm
<b>COMBO Bugs/Bees</b> (Age 3-5) Members \$148 / Non-Members \$179	<b>Pick One:</b> Tuesday 10:15-10:55 am	Tuesday 5:15-5:55 pm
<b>Gymnastics 1</b> (Age 6-12) Members \$148 / Non-Members \$179	<b>Pick One:</b> Monday 4:15-5:10 pm Thursday 5:30-6:25 pm	Tuesday 7:00-7:55 pm
<b>Gymnastics 2</b> (Age 6-12) Members \$148 / Non-Members \$179	<b>Pick One:</b> Monday 5:15-6:10 pm	Thursday 6:30-7:25 pm
<b>Gymnastics 3</b> (Age 6-12) Members \$148 / Non-Members \$179	<b>Pick One:</b> Monday 6:15-7:25 pm	

## SATURDAY SPRING SESSION (8 WEEKS)

CLASSES HELD: January 20 ; February 10, 17, 24 ; March 3, 24, 31 ; April 14

### Registration Opens Monday, November 20

<b>TumbleBaby Crawlers</b> (Crawling to Walking) Members \$0 / Non-Members \$19	Saturday 8:45-9:10 am
<b>TumbleBaby Walkers</b> (Walking to Age 3) Members \$82 / Non-Members \$104	Saturday 9:20-10:00 am
<b>TumbleBugs</b> (Age 3) Members \$82 / Non-Members \$104	Saturday 10:15-10:55 am
<b>TumbleBees</b> (Age 4 & 5) Members \$108 / Non-Members \$130	Saturday 11:00-11:55 am
<b>COMBO Bugs/Bees</b> (Age 3-5) Members \$82 / Non-Members \$104	Saturday 12:00-12:40 am

### PRIVATE LESSONS (per 1 hour class)

Y Members \$25 / Non-Members \$35  
Contact Sue K: skrum@bloomsburg.org

### OPEN GYMS (Age 5-12)

Y Members FREE / Non-Members \$5  
Sundays 1:00-2:30      February 4, 11, 18, 25 ; March 4, 25

## Class Descriptions

### **TumbleBaby Crawlers** (Babies up to Age 2)

Parent participates with child lead by Gymnastics Instructor. Basic format: 5 minutes of group music & body part recognition games; 2: 10 minute station activities; 5 minute parachute games.

### **TumbleBaby Walkers** (Walking to Age 3)

Parent participates with child in this class lead by our trained Gymnastics Instructor. Activities include group music and body part recognition games, station exploration emphasizing rolling, swinging, core strength, large/small muscle group activities then ending the lesson with parachute and hand apparatus activities.

### **TumbleBugs** (Age 3)

This transition class (without parents) focuses on listening skills, following directions, social skills as well as basic tumbling, bar, beam & vault skills appropriate for age 3.5-4 year olds.

### **TumbleBees** (Age 4 & 5)

Basic gymnastic tumbling, beam, bars & vault skills that are developmentally appropriate for boys & girls age 4 & 5. Group and individual activities are included to enhance social skills as well as fitness levels.

### **Gymnastics 1** (Age 6-12)

This basics class is for former TumbleBees, children new to Gymnastics or those who are not able to perform a cartwheel and handstand alone without falling.

### **Gymnastics 2** (Age 6-12)

Entry Skill Requirements: handstand & cartwheel without assistance or falling.

### **Gymnastics 3** (Age 6-12)

Entry Skill Requirements: back kickover, roundoff, pullover AND completed a Gymn 1 or Gymn 2 Session.

## BAY Gymnastics Policy

1. Pre-registration (payment & registration form) at the front desk or online at [www.bloomsburg.org/register](http://www.bloomsburg.org/register) is required before the class.
2. Child cannot be placed in a class without full payment.
3. Registration form may be downloaded from the YMCA website and then sent via email, fax, postal mail or in person. After emailing or faxing, call the YMCA to make payment over the phone.
4. All Session Fees will be pro-rated when registering after after Week 1.
5. Child must be the appropriate age the month of starting class.
6. Clothing Requirement: Girls — leotard, no jewelry & hair tied back; Boys — shorts & t-shirt; Bare feet, gymnastic shoes or gripper socks. Leotards are available for purchase during January & February in the YMCA lobby.
7. Missed Classes: One (1) missed class may be made-up per session that is scheduled with your child's teacher.
8. Cancelled Classes by the YMCA are made-up after last week of the Session. Parents are notified of the makeup day & time via class handout, posted flyer, BAY Gymnastics Facebook page and email.
9. Weather Cancellations: Classes are cancelled only when the YMCA closes due to severe weather. Notifications will be put on WHLM Radio 106.5, YMCA Facebook, and phone call/text message or email. Please make sure your numbers are current and readable!

## Staff

BAY Instructors follow USA Gymnastics Safety Guidelines and written curriculum & lesson plans provided by the Coordinator, Sue Krum and Assistant Coordinator, Sarah Heurman.

**Sue Krum** (B.S. in Health, Physical Education & Recreation) has coached since 1975, was owner & coach of a private gymnastics club from 1981-2007. During the 25 years of Columbia Academy, many local gymnasts qualified for State and Regional competitions in USAG Levels 4-10 and continued on to collegiate gymnastics including 1996 Olympian Kip Simons. Sue is a Resilite Sports Products company rep in the Gymnastics/Cheer Division that includes traveling to Regional and National Gymnastics Conventions and weekly visits to Camp Woodward Gymnastics & Cheer, working with International, National & NCAA gymnasts and coaches. Sue is a USAG Professional Member, USAG Safety Certified, a USAG Certified Instructor, Certified Recreational Director and Certified Jr. Olympic Team Coach.

**Sarah Heurman** began her gymnastics training at age 2 at Sue's gym and competed USA Gymnastics Level 4-8. She was a Central Columbia High School Diver placing in the top 2 for Districts all 4 years and 6th at PA States her senior year. After leaving gymnastics at 14, she competed in the TNT Cheer Program and currently coaches a TNT team as well as giving private lessons and coaching advanced tumbling classes. Sarah and her soon to be husband, TJ, live in the Bloomsburg area with their 2 children, Rowan(2) and Liam (6).

