



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACROBATIC AND RHYTHMIC GYMNASTICS!

BILLINGS FAMILY YMCA

Winter Sessions

Acrobatic gymnastics combines the strength of gymnastics with the agility and grace of dance. Engaging choreography combined with a partner acrobatic element, dance, tumbling and individual skills makes this an exciting sport for all activity.

Rhythmic is a wonderful addition for children who are currently taking Tumble classes. Participants are encouraged to use their natural creativity and imagination to manipulate ropes, hoops, balls, ribbons, and scarves with an emphasis on tumbling and acrobatic skills. Rhythmic gymnastics is an enjoyable sport that develops fitness and inspires creativity in all participants

AGE: 6-10

COST: Members \$80, non-members \$120

DATES: Session I: Jan. 8-Feb. 23
Session II: Mar. 5-Apr. 20
Session III: Apr.30-Jun.15

DAY & TIME:

Acrobatic 1

Mondays 4pm-4:45pm, (7-14years)

Rhythmic

Fridays 4:15pm-5:00pm, (6-10 years)

LOCATION: Thomas Kids Gym

DRESS FOR STUDENTS:

- leotard / gymnastics attire

BEHAVIOR EXPECTATIONS OF STUDENTS:

- Students must be able to listen and follow directions.
- Students are expected to be respectful to the Instructor and the other students.
- Students need to be mature enough to participate in a group setting that requires keeping hands to self, follow basic instructions, and work as a team.

REGISTRATION INFORMATION:

- Member registration December 1, 2017
- Non-member registration December 15, 2017

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