

# YMCA GYMNASTICS

	MON	TUES	THURS
Tiny Tumblers	6:45-7:15pm	3:15-3:45pm	
Youth Cheer			7:45-8:45pm
Level 1 - Rollers	7:15-8:00pm		
Level 2 - Skippers			6:45-7:45pm
Level 3&4 - Kippers	8:00-9:00pm		

**\*New for 2017-18\***  
 Gymnastics and Dance programs will be held from September 2017 - May 2018 with both programs performing in the recital.



GYMNASTICS &

## LEVEL 1 ROLLERS:

Gymnasts will be taught basic gymnastics skills at an individual level. They will begin floor skills as well as movement on the uneven bars and beam. **Max 15 youth.**

East Gym                      Mon 7:15 - 8:00 pm  
 Member: \$30/month      Program Part. \$60/month  
 Grades: 1st+up              Session: #03303-01

## LEVEL 2 SKIPPERS:

This class is designed for gymnasts that are ready to expand their skills. We will focus on perfecting Level I skills and expanding on the beam, bars and floor. You must pass "Rollers" to enroll in this class. **Max 15 youth.**

East Gym                      Thurs 6:45 - 7:45pm  
 Member: \$40/month      Program Part. \$80/month  
 Grades: 3rd+up              Session: #03309-01

## LEVEL 3 & 4 KIPPERS:

This class is designed for gymnasts that are ready to expand their skills. We will focus on perfecting Level II skills and expanding on the beam, bars and floor. You must pass "Level II Skippers" to enroll in this class or see Liz Naviaux. **Max 15 youth.**

East Gym                      Mon 8:00 - 9:00 pm  
 Member: \$40/month      Program Part. \$80/month  
 Grades: 3rd+up              Session: #03315-01

**Note:** All classes and schedules may be subject to changes due to class size and/or enrollment.

## YOUTH CHEER

This class will teach basic tumbling, jumps, kicks and stunts with an emphasis placed on correct form and technique; building the foundation for safety and advancement. **Max 20 youth.**

East Gym                      Thurs. 7:45-8:45pm  
 Member: \$40/month      Program Part: \$80/month  
 Grades: 2nd+up              Session: #03118-01

## TINY TUMBLERS

Introduction to balance, flexibility, movement +patterns and basic skills using gross motor coordination through the use of gymnastic equipment and skills. Boys and girls are welcome! **Must be toilet trained. Max 10 participants.**

East Gym                      Mon 6:45-7:15pm  
    Tues 3:15-3:45pm  
 Member: \$20/month      Program Part: \$40/month  
 Ages: 3-5                      Session: #03301-01; 03301-02

## **About the Instructor**

**Elizabeth (Liz) Naviaux,** a dancer of 15 years, recently graduated from South Dakota State University and moved back to her hometown of Spirit Lake. The summer before her sophomore year of high school, Liz took gymnastics classes and attended the University of Nebraska gymnastics summer camp. As Liz wanted to keep up with her tumbling skills, she joined the Impulse Dance Academy Competitive Cheer Team and coached competitive cheer for two years. In college, Liz coached recreational and competitive gymnastics.



**Attire**  
**Girls** - Leotards. Hair up in a ponytail, out of face.  
**Boys** - T-shirt & shorts, hair out of face.

## CLASS REGISTRATION

Gymnast: \_\_\_\_\_

YMCA Member  Non-Member      Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian(s): \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

	30 Minute Class		45 Minute Class		60 Minute Class	
	Monthly	Annually	Monthly	Annually	Monthly	Annually
Members	\$20	\$180	\$30	\$270	\$40	\$360
Program Participants	\$40	\$360	\$60	\$540	\$80	\$720

Payment Type:       Full Pay       Monthly Installments

Number of

30 Minute Classes: \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

45 Minute Classes: \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

60 Minute Classes: \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Total: \_\_\_\_\_

## CLASS SELECTION

Age / Grade Levels	Class	Weekday	Time	Length of Class (Minutes)	Selection
3-5 Year Old	Tiny Tumblers 1	Mondays	6:45-7:15pm	30	<input type="checkbox"/>
	Tiny Tumblers 2	Tuesdays	3:15-3:45pm	30	<input type="checkbox"/>
1 <sup>st</sup> Grade & Up	Level 1- Rollers	Mondays	7:15-8:00pm	45	<input type="checkbox"/>
2 <sup>nd</sup> Grade & Up	Youth Cheer	Thursdays	7:45-8:45pm	60	<input type="checkbox"/>
3 <sup>rd</sup> Grade & Up	Level 2- Skippers	Thursdays	6:45-7:45pm	60	<input type="checkbox"/>
	Level 3 & 4- Kippers	Mondays	8:00-9:00pm	60	<input type="checkbox"/>

If you have any questions about what level to select, please contact Liz Naviaux at [lnaviaux@spencerymca.org](mailto:lnaviaux@spencerymca.org) or call 712-262-3782.

**REQUEST TO SPENCER FAMILY YMCA FOR  
AUTOMATIC BANK DRAFT AGREEMENT FOR: SPENCER YMCA STUDIO OF DANCE**

**Name of CHILD:** \_\_\_\_\_ **Parent:** \_\_\_\_\_

**Date of Application:** \_\_\_\_\_ **Monthly Fee Deducted:** \_\_\_\_\_

The bank depositor identified below hereby requests Spencer Family YMCA to establish an automatic bank draft arrangement for each item identified below and to draw deductions monthly under such an arrangement against the bank account identified below in payment of **2017-2018 YMCA Gymnastics Classes**.

1. This form is for all Spencer Family YMCA bank draft arrangements. The arrangement pays for **YMCA Gymnastics**
2. The bank draft arrangement may be terminated by the bank depositor or by the Spencer Family YMCA effective upon receipt of such notice by the YMCA. If the bank arrangement is so terminated, the responsibility of the bank depositor, as such, for payment of fees shall cease, except with respect to any fees covered by automatic bank draft drawn prior to the date of termination. To cancel your bank deduction, you must stop by the Member Services Desk no later than 10 days before withdrawal dates and complete a stop payment form and pay the balance of your GYMNASTICS BILL.

\_\_\_\_ (initial) For my benefit and convenience, I hereby request and authorize the Spencer Family YMCA to charge my account an automatic bank withdrawal payable to the Spencer Family YMCA to its own order. This authorization, including yearly Dance Class rate increases or deductions will remain in effect until revoked by me in writing, and until you actually receive such notice I agree that the Spencer Family YMCA shall be fully protected in honoring any such withdrawal. **Gymnastics Class** balances must be paid in full before this agreement can be cancelled or terminated.

\_\_\_\_ (initial) In consideration of your compliance with such request and authorization, I agree that the YMCA's treatment of each such withdrawal, and YMCA's rights in respect to it shall be the same as if it were signed personally by me and that if any such withdrawal be dishonored, whether with or without cause, the YMCA is secure under no liability whatsoever even though such dishonor results in the forfeiture of membership. Each dishonored or returned bank draft will have a \$25.00 return service fee \*attached to its redeposit amount. \*The Y reserves the right to withdraw again 5 days from the return notification along with a \$25.00 return fee. You will be notified by phone before the withdrawal is made.

\_\_\_\_ (initial) If my child participates in the annual program fundraiser, I give the Spencer Family YMCA permission to adjust the final payment (s) accordingly after the fundraiser funds have been applied and the balance is due.

Please check one of the following draft options you would like to use for your child's **YMCA Gymnastics** bill.

*Dues will be deducted on the 5<sup>th</sup> of the month & no later than the 12<sup>th</sup> of the month.*

SAVINGS <input type="checkbox"/>	CHECKING <input type="checkbox"/>	BANK NAME _____
FIRST NAME on Account _____	LAST NAME on Account _____	
BANK ROUTING # _____	BANK ACCOUNT # _____	
AMOUNT TO BE DRAFTED _____		

CREDIT CARD	VISA <input type="checkbox"/>	MASTERCARD <input type="checkbox"/>	DISCOVER <input type="checkbox"/>
NAME AS IT APPEARS _____			
CREDIT/DEBIT CARD _____			
CARD EXPIRATION _____	3 DIGITS _____		
AMOUNT TO BE DRAFTED _____			

**THIS AGREEMENT IS A CONTRACT UNTIL GYMNASTICS BILL IS PAID IN FULL. IF TERMINATION IS DONE BEFORE PAYMENT OF THE BALANCE IS EXPECTED, THE YMCA WILL ACT ACCORDINGLY FOR COLLECTION OF THIS AGREEMENT EXCEPT WHERE GOOD CAUSE CAN BE SHOWN.**

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

Signature of depositor(s) as shown on bank records for account to which this authorization is applicable