



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Registration starts **Aug 1** for Fall I-II and  
**Oct 1** for Winter I-Spring II  
Register at [ymcadc.org](http://ymcadc.org) or 703-525-5420  
See *Program Guide for Class Descriptions*

Class No.	Class Name	Location	Min Age	Max Age	SUN	MON	TUE	WED	THU	FRI	SAT	Begin Time	End Time	Session	Start Date	End Date	No class	Full	Prog.	Teacher
<b>RHYTHMIC GYMNASTICS (5+ years old) Fall I, 2017 - Spring II, 2018</b>																				
08201 32	Beginning Rhythmic	13th Street*	5	18						F		5:00 PM	6:00 PM	Fall II	09/08/17	10/27/17		\$165	\$200	Alina
														Fall II	11/03/17	12/15/17		\$145	\$175	Alina
														Winter I	01/05/18	02/23/18		\$165	\$200	Alina
														Spring I	03/02/18	04/27/18	03/30/18	\$165	\$200	Alina
														Spring II	05/04/18	06/22/18	06/02/17	\$145	\$175	Alina
														Fall I	09/11/17	10/23/17		\$145	\$175	Kristina
														Fall II	10/30/17	12/18/17		\$165	\$290	Kristina
08201 33	Intermediate Rhyth.	13th Street*	5	18	M							5:00 PM	6:00 PM	Winter I	01/08/18	02/19/18		\$145	\$175	Kristina
														Spring I	02/26/18	04/23/18	03/26/18	\$165	\$200	Kristina
														Spring II	04/30/18	06/18/18	05/28/18	\$145	\$175	Kristina
														Fall I	09/06/17	10/25/17		\$165	\$200	Alina
														Fall II	11/01/17	12/20/17		\$165	\$200	Alina
							W					5:00 PM	6:00 PM	Winter I	01/03/18	02/21/18		\$165	\$200	Alina
08201 34	Advanced Rhythmic	13th Street*	5	18										Spring I	02/28/18	04/25/18	03/28/18	\$165	\$200	Alina
														Spring II	05/02/18	06/20/18		\$165	\$200	Alina
														Fall I	09/08/17	10/27/17		\$305	\$370	Alina
														Fall II	11/03/17	12/15/17		\$270	\$325	Alina
										F		6:00 PM	8:00 PM	Winter I	01/05/18	02/23/18		\$305	\$370	Alina
														Spring I	03/02/18	04/27/18	03/30/18	\$305	\$370	Alina
														Spring II	05/04/18	06/22/18		\$305	\$370	Alina

\* Classes held at Arlington YMCA, 3422 13th St. N., Arlington, VA 22201

**This class (08201 41) is for Intermediate/Advanced gymnasts to work on improving their technique - with a focus on drills with rhythmic**

08201 41	Int./Adv. Rhythmic	WOODMONT	5	18							Sa	1:30 PM	3:30 PM	Fall I	09/09/17	10/28/17		\$305	\$370	Kristina
														Fall II	11/04/17	12/16/17		\$270	\$325	Kristina
														Winter I	01/06/18	02/24/18		\$305	\$370	Kristina
														Spring I	03/03/18	04/28/18	03/31/18	\$305	\$370	Kristina
														Spring II	05/05/18	06/23/18		\$305	\$370	Kristina

Classes held at Woodmont Gymnastics Center, 2422 N. Fillmore St., Arlington, VA 22207

**NOTE:** Rhythmic gymnasts must wear a leotard and rhythmic gymnastics shoes and their hair must be in a bun. They should also bring a hoop.  
Rhythmic shoes and hoop can be purchased at [rhythmicgymnastics.com](http://rhythmicgymnastics.com)  
Parents may stay and watch **ONLY** on the designated day in Spring II session.