

PROGRAM INFO

August 2017 – Classes meet three times a week as required by Special Olympics, in the gymnastics / dance building. Girls ages 8+.

Times – Mon, Wed, Fri 12:30-1:30

Monthly Tuition

Members	\$ 95.00
Community Members	\$110.00
Annual non-refundable fee	\$ 30.00

THE TRAINING IS AT

James Family Prescott YMCA
750 Whipple Street
Prescott AZ, 86301
(928) 445-7221
www.prescottymca.org

Contact Katy Gifford, Dance Coordinator
(928) 445-7221 x 229
katy.gifford@prescottymca.org



Through the practice of unified sport, people with disabilities, integrate into the community efficiently.

2017



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

James Family Prescott YMCA

RHYTHMIC GYMNASTICS FOR SPECIAL GIRLS



WHAT IS RHYTHMIC GYMNASTICS?

- It is an Olympic type sport, in which dance, ballet, and the use of sports elements are combined in coordination with the music.

WHAT SPORTS ITEMS ARE USED?

- Elements such as ball, ribbon, hoop, clubs and rope are used.



“LET ME WIN, BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT”

Special Olympics motto

**Special
Olympics**



WHAT IS SPECIAL OLYMPICS?

Special Olympics is an international sports organization that organizes sporting events for people with Intellectual Disabilities with the goal of developing confidence in themselves and their social skills through training and sports competition.



COACH BIO

Ynes Barrantes

Ynes has 12 years experience as the National Director for Special Olympics for Rhythmic Gymnastics in her home country, Peru. Miss Ynes is also a psychologist specializing in Educational Psychology.

WHAT IS A UNIFIED TEAM?

It is a type of team that can involve people with different skills and people without any disabilities competing together.



Rhythmic gymnastics enhances coordination, rhythm, posture, and more.