

# Gymnastics

Register online now!

The Y is in the process of redesigning the Gymnastics program based on member feedback. The following classes will be offered this session. Please be aware that each class needs at least three participants to hold the class. Members will receive a full refund or credit if:

- The class has insufficient enrollment and must be cancelled. The YMCA reserves the right to cancel or combine classes with enrollment less than three participants.
- The member cancels within 72 hours before the first class.

**Tumbling Tots coed/walking–24 months:** A parent-assisted class for children not ready to be on their own. Children will work on various movement skills and begin to work on taking turns and following directions. This class prepares children for On My Own. 40-minutes, once a week.

Level I: Mondays, 9:50 am (coed ages walking - 24 months)

Level II: Mondays, 10:45 am (coed ages 2 - 3 1/2)

MEM: \$81 PRO: \$116



**On My Own coed ages 2–3:** Class for 2+ year-olds who are ready to do classes on their own. The same age-appropriate goals as Pre-Gym including taking turns, following instructions, building balance, flexibility and confidence all while having fun. Children participate in these classes alone. 30-minutes, once a week. Child must have taken Tumbling Tots and have Coach's approval prior to registration.

Mondays, 11:45 am

Thursdays, 10:45 am

MEM: \$71 PRO: \$104



**Pre-Gym coed ages 3–4:** Children learn basic motor skills, hand-eye coordination and body awareness. Children will work on all events including vault, bars, beam, and floor. Class is 40-minutes, once a week.

Thursdays, 6:00 pm

MEM: \$81 PRO: \$116



**Gym & Swim coed ages 3–5:** Classes consist of 40 minutes of gymnastics and 30-minutes of pike/eel instruction and free swim. Classes meet in the gym. Children should come dressed in their bathing suits. 75-minutes, once a week.

Tuesdays, 3:45 pm

Thursdays, 4:45 pm

MEM: \$120 PRO: \$161



**Gym & Dance girls ages 3–6:** A combo of 40 minutes of gymnastics and 40 minutes of ballet/jazz/modern dance.

Ages 3–4: Mondays, 3:30 pm

Ages 5–6: Thursdays, 3:30 pm

MEM: \$120 PRO: \$161



## SESSION DATES

**Session 1:** January 10 – February 19

No class on January 17. Make up on January 21  
Registration begins December 13

**Session 2:** February 21 – April 2

Registration begins December 13

**Session 3:** April 11 – May 21

Registration begins December 13

## Progressive Gymnastics ages 5–13:

**Beginner** – Children will be learning forward/backward rolls, handstands, bridges, cartwheels, and pullovers (bars). These are basic skills needed to learn more advanced skills on all events.

Mondays, 5:00 pm (coed ages 5–9)

Thursdays, 5:00 pm (coed ages 5–9)

MEM: \$103 PRO: \$145



**Intermediate** – Children must have coach approval to be placed in an intermediate class. Children must have taken at least one year of gymnastics and be able to do forward/backward rolls, handstands, bridges, cartwheels, pullovers (bars), and squat-overs (vault) alone or with a light spot. Participants must be pre-approved to register. Please call about placement.

Thursdays, 6:15 pm (coed ages 9–13)

MEM: \$103 PRO: \$145



**NEW Cheer 101 ages 5–12 & Flip Factory ages 7–12 are coming soon!**

Call the YMCA for more info!

Both Classes offered Session 2 & 3