

Gymnastics: Preschool & Youth

Preschool & Youth *ages 2-8*

Our programs offer an introduction to all early gymnastics venues. Specifically designed to enhance body awareness, balance, coordination, core strength and self-confidence.

MEM: \$70 PRO: \$100

2 year olds boys & girls: Must be able to be in class without a parent. Child must be able to sit and wait for their turn.

Tuesdays, 9:30 – 10:20 am or 3:00 – 3:50 pm

Thursdays, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

3-4 year olds boys & girls:

Tuesdays, 9:30 – 10:20 pm, 10:30 – 11:20 am,

4:00 – 4:50 pm or 5:00 – 5:50 pm

Thursdays, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

4-5 year olds boys & girls:

Tuesdays, 4:00 – 4:50 pm, 5:00 – 5:50 pm

Thursdays, 4:00 – 4:50 pm, 5:00 – 5:50 pm

or 6:00 – 6:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

3-4 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Thursdays, 4:00-4:50 pm, 5:00 – 5:50 pm

Saturdays, 4:00 – 4:50 pm

5-8 year olds boys only: Sweatpants/shorts & t-shirt.

Tuesdays, 5:00 – 5:50 pm or 4:00 – 4:50 pm

Thursdays, 4:00-4:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am



Gymnastics Session Dates

Session: January 9 – March 5

Registration: Begins December 1

Session: March 6 – May 7

Registration: Begins December 1

No class April 5 - April 10

Progressive Gymnastics *ages 6-12*

Our Gymnastics program is based on YMCA, USA Gymnastics, and AAU skill evaluations. Students will learn different skills at each level and will build upon them progressively. Children **MUST** be six to enroll in Progressive class.

MEM: \$85 PRO: \$110



Girls Progressive 1: Children who have never taken gymnastics before.

Tuesdays, 4:00 – 5:00 pm

Thursdays, 4:00 – 5:00 pm or 6:00 – 7:00 pm

Saturdays, 9:00 – 10:00 am or 11:10 – 12:10 pm

Girls Progressive 2: Must be able to do a cartwheel, backward roll, handstand and bridge.

Tuesdays, 5:00 – 6:00 pm or 6:00 – 7:00 pm

Thursdays, 4:00 – 5:00 pm or 5:00 – 6:00 pm

Saturdays, 9:00 – 10:00 am, 10:10 – 11:10 am or 11:15 am – 12:15 pm

Girls Progressive 3: Advanced beginners must be able to do a basic round off, back-bend, hand stand, forward roll, pull over and casting.

Thursdays, 6:00 – 7:00 pm

Saturdays, 9:00 – 10:00 am

Gymnastics: Specialty Classes & Events

Combo Classes

Parent-n-Me *coed ages 6-24 months*: This class is designed for parent and child to explore the world of gymnastics. Working on hand eye coordination, balance, flexibility and building the parent child bond.

Tuesdays, 9:00 – 9:50 am

MEM: \$70 PRO: \$100

Gym-n-Swim Combo *coed ages 3-5*: This unique program combines 30 mins of gymnastics and 30 mins of pike level swim lessons. Please wear swim suit to class.

Saturdays, 9:00 – 10:00 am or 10:00 – 11:00 am

MEM: \$90 PRO: \$120

Gym-n-Dance *coed ages 3-5*: Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet. Please wear a leotard and ballet shoes to class.

Tuesdays, 4:00 – 5:00 pm

Thursdays, 4:00 – 5:00 pm or 5:00 – 6:00 pm

Saturdays, 9:30 – 10:30 pm, 11:30 am – 12:30 pm

or 12:00 – 1:00 pm

MEM: \$95 PRO: \$125

Hot Shots *coed ages 3-6*: Advanced preschool gymnastics. Must be pre-approved to attend class. Skills required: basic handstand, cartwheel, bridge and pull over on bars.

Tuesdays or Thursdays, 4:00 – 4:50 pm

MEM: \$90 PRO: \$120



Gymnastics Session Dates

Session: January 9 – March 5

Registration: Begins December 1

Session: March 6 – May 7

Registration: Begins December 1

No class April 5 - April 10

Gymnastics Team

Girls Competitive Gymnastics Team:

A place for girls who work hard and have a drive to be the best gymnast that they can be. This program is a year round commitment for parents and gymnasts. Gymnasts must try out to participate on the gymnastics team.

Tuesdays & Thursdays, 4:30 – 7:30 pm

Contact Kim Castro for more information.



Dance: Ballroom, Latin Social & Ballet

Ballroom & Latin Social Dancing

Ballroom 1 *beginners*: Our beginner group series class is designed for first time dancers. Worry free - you will be taught everything you need to know! The beginner class curriculum includes: Waltz, Foxtrot, Rumba, and Swing. The dance instruction is formatted to progress the students level of dance. Lessons are taught by a DVIDA nationally certified instructor. It is best if you have a partner but not necessary as we rotate partners throughout the class (singles and couples are welcome). Lessons will last one hour including 10 minutes of dance community news, curriculum and calendar updates. Following the lesson there will be a 25 minute practice session with music and coaching. We also participate as volunteers for Y Happy Club dances and events.

Start TBA • Sundays, 5:30 – 7:00 pm

Class: 5:30 – 6:30 pm • Practice: 6:30 – 7:00 pm

Ballroom 2 & 3: A continuation of the curriculum from Ballroom 1 with the addition of the Tango. Must have completed Ballroom 1 or other similar training with approval of teacher.

Ballroom 2: Start TBA • Sundays, 5:30 – 7:00 pm

Class: 5:30 – 6:30 pm • Practice: 6:30 – 7:00 pm (*gym*)

Ballroom 3: Start TBA • Sundays, 6:30 – 8:00 pm

Practice: 6:30 – 7:00 pm • Class: 7:00 – 8:00 pm (*gym*)

Bronze 1: A continuation of Ballroom 3 with a focus on two dances.

Start TBA • Sundays, 6:30 – 8:00 pm (*held in the gym*)

Practice: 6:30 – 7:00 pm • Class: 7:00 – 8:00 pm

Latin Social Dance: Latin Social Class in the large aerobics room - includes beginner meringue & salsa.

Sundays, 5:00 – 6:00 pm

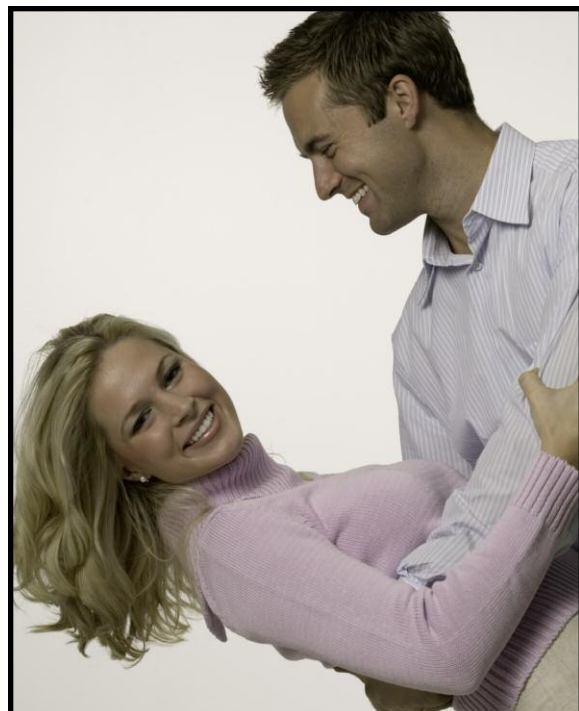
January 24 – March 14

Ballroom Dance Practice Party *members & the*

***community*:** Singles, couples welcome and open to the public. Invite a friend! Includes lesson, dance and refreshments. *For more information, contact Janice Mathews 404-371-3309.*

7:30 – 10:30 pm (*lessons from 7:30 – 8:30 pm*)

Cost \$10/person



Ballroom & Latin Social Pricing

MEM: \$63 PRO: \$77 (*per person*)



Ballet

Ballet *ages 3-9*: This is an introduction to the basic skills and terminology of ballet. Children will be working to develop body awareness, strength, flexibility and an appreciation of the art of ballet. Please wear a leotard and ballet shoes to class.

Ages 3-5: Tuesdays or

Thursdays, 4:00 – 4:45 pm

Ages 6-9: Fridays, 4:00 – 4:45 pm

Session: January 9 – March 5

Registration begins Dec. 1

Session: March 6 – May 7

Registration begins Feb. 15

MEM: \$70 PRO: \$100

