

Gymnastics: Progressive & Advanced

Progressive Classes *ages 5-12*

The YMCA Progressive program is for children at least five years old. These classes are 55-minute sessions that meet once a week. Children participate in class alone, but parents **must** remain in the building.

Beginner I & II: These classes are designed for children with no previous experience in gymnastics to improve strength, coordination and self-motivation.

Beginner I (ages 5-6):
Wednesdays, 4:00 – 5:00 pm

Beginner II (ages 7+):
Wednesdays, 4:00 – 5:00 pm

Novice I & II: Children who have previous classes in gymnastics. They will be perfecting basic skills and learning skills needed for the next level.

Novice I (ages 5-6): Wednesdays, 5:00 – 6:00 pm

Novice II (ages 7+): Wednesdays, 5:00 – 6:00 pm

Intermediate: Designed to improve strength, coordination and self-motivation. Must be able to do cartwheels, handstands, bridges and pullovers on bar.

Wednesdays, 6:00 – 7:00 pm



Session Dates

Session 1: June 3 – June 24

Session 2: July 1 – July 22

MEM: \$35 PRO: \$55 *(unless otherwise noted)*



Invitation-Only Classes

Hot Shots *ages 4-6:* Designed to challenge the more advanced ages 4 to 6. Must be pre-approved by coach.

Wednesdays, 5:00 – 6:00 pm

Advanced *ages 7-12:* By invitation only.

Wednesdays, 6:00 – 7:30 pm

MEM: \$50 PRO: \$65



Pre-Team *ages 7-12:* By invitation only.

Wednesdays, 6:00 – 7:30 pm

MEM: \$50 PRO: \$65

