

# 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

