



# GYMNASTICS SCHEDULE

**Winter 2, 2016: February 29 - May 1 (9 weeks)**

Registration is now open!

**Spring, 2016: May 2 - June 12 (6 weeks)**

Y-Member registration opens February 29

Community Participant registration opens March 7

Classes are listed in order of increasing age/ability level. Specialty classes are listed last.

MONDAY	
Class	Time
Parent/child @ RH	11:15-11:45am
Mini Movers @ RH	9:15-9:45am
Teddy Tumblers @ RH	9:50-10:20am
Preschool @ RH	10:25-11:10am
Preschool @ GC	4:30-5:15pm
Preschool @ RH	5:30-6:15pm
Kindergarten @ GC	5:20-6:05pm
Kindergarten @ RH	6:20-7:05pm
Gymnastics 1 @ GC	5:30-6:25pm
Gymnastics 2 @ GC	6:30-7:25pm
Parkour @ GC	4:30-5:25pm
Parkour @ GC	5:30-6:25pm

TUESDAY	
Class	Time
Preschool @ GC	9-9:45am
Preschool @ GC	4:30-5:15pm
Kindergarten @ GC	5:20-6:05pm
Gymnastics 1 @ GC	4:30-5:25pm
Gymnastics 3 @ GC	5:30-6:25
Strength&Tumbling @ GC	6:30-7:25

WEDNESDAY	
Class	Time
Parent/child @ RH	9-9:30am
Mini Movers @ RH	10:10-10:40am
Teddy Tumblers @ RH	9:35-10:05am
Preschool @ GC	4:30-5:15pm
Kindergarten @ GC	4:45-5:30pm
Kindergarten @ GC	5:20-6:05pm
Gymnastics 1 @ GC	5:30-6:25pm
Gymnastics 2 @ GC	4:30-5:25pm
Gymnastics 3 @ GC	6:10-7:05pm
Strength&Tumbling @ GC	1-1:55pm

THURSDAY	
Class	Time
Preschool @ RH	10:45-11:30am
Kindergarten @ GC	5-5:45pm
Gymnastics 2 @ GC	5:30-6:25pm
Gymnastics 3 @ GC	6:30-7:25pm
Parkour @ GC	4:40-5:25pm
Parkour @ GC	5:30-6:25pm

FRIDAY	
Class	Time
Preschool @ GC	9:15-10am
Preschool @ GC	10:10-10:55am
Strength&Tumbling @ GC	5-5:55pm

SATURDAY	
Class	Time
Mini Movers/Teddy Tumblers (combined) @ RH	9-9:30am
Preschool @ RH	9:35-10:15am
Preschool @ GC	11:40am-12:25pm
Kindergarten @ GC	9-9:45am
Kindergarten @ GC	9:50-10:35am
Gymnastics 1 @ GC	9-9:55am
Gymnastics 2 @ GC	10-10:55am
Gymnastics 2 @ GC	11-11:55am
Gymnastics 3 @ GC	10-10:55am
Gymnastics 3 @ GC	11-11:55am
Parkour @ GC	9-9:55am
Parkour @ GC	10-10:55am
Strength&Tumbling @ GC	10:40-11:35am

**Schedule is subject to change based on enrollment**

**\*Class ages, descriptions, and prices are on reverse side**



# GYMNASTICS CLASSES

**Winter 2, 2016: February 29 - May 1 (9 weeks)**

**Spring, 2016: May 2 - June 12 (6 weeks)**

## **Parent/Child**

**Ages: crawling-2**

This class is led by an instructor, but each child is assisted by a parent/ guardian. Join other families as we develop balance, coordination, fine and gross motor skills and socialization.

## **Mini Movers**

**Ages: 2-4**

Mini Movers run, jump, roll, and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings.

## **Teddy Tumblers**

**Ages: 2-4**

Children will be exposed to different gymnastics stations and will be encouraged to explore them at their own pace while following simple instructions. Balance, coordination, and body control are emphasized in this offering.

## **Preschool**

**Ages: 2-4**

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

## **Kindergarten**

**Ages: 4-6**

All participants must be enrolled in 4K or 5K. Kindergartners continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars to prepare them for transition to our progressive program.

## **Gymnastics 1**

**Ages: 6+**

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. It generally takes more than one session to progress to Gymnastics 2.

## **Gymnastics 2**

**Ages: 7+**

Prior gymnastics experience and instructor recommendation is required. Participants will need to know how to perform basic skills for each event. It generally takes more than one session to progress to the next level. Athletes must complete a skill evaluation to progress.

## **Gymnastics 3**

**Ages: 7+**

A gymnast must have a recommendation from an instructor, or a required skill test to participate in this class. This advanced gymnastics class will continue to build on gymnastics skills already learned, and introduce more advanced skills on each of the events. There will be continued focus on strength, flexibility and technique while continuing to develop in gymnastics at a higher level.

## **Parkour**

**Ages: 6+**

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on functional strength, physical conditioning, balance, creativity, control and looking beyond the traditional use of objects.

## **Strength & Tumbling**

**Ages: 6+**

This is a one hour class for children 6 and up wishing to get stronger and learn the basics of tumbling on a spring floor. This class will focus on skills such as handstand, back walkover, cartwheel, round off, and back handspring.

<b>Fees (Y-Member/Community Participant):</b>	<b>Winter 2</b>	<b>Spring</b>
Parent/child	\$42 / \$48	\$30 / \$32
Mini Movers, Teddy Tumblers, Preschool & Kindergarten @ RH	\$71 / \$104	\$54 / \$77
All classes held @ GC	\$81 / \$115	\$63 / \$83

Questions? Contact Alex Schmidt [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) 414.357.2828