



GYMNASTICS SCHEDULE

Summer 1, 2016: June 13 - July 16 (5 weeks)

No classes July 4th

Summer 2, 2016: July 25 - August 28 (5 weeks)

Y-Member registration is now open!

Community Participant registration opens April 11

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 | 11-11:45am |
| Kindergarten @ GC | 5:20-6:05pm |
| Kindergarten @ RH | 6:20-7:05pm |
| Gymnastics 1 @ GC | 10-10:55am |
| 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 | 11-11:45am |
| Preschool @ GC | 4:30-5:15pm |
| Kindergarten @ GC | 5:20-6:05pm |
| Gymnastics 1 @ GC | 5:30-6:25pm |
| Gymnastics 2 @ GC | 10-10:55am |
| Gymnastics 3 @ GC | 5:30-6:25pm |
| Parkour @ GC | 4:30-5:25pm |
| Strength&Tumbling @ GC | 6:30-7:25pm |

| 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 | 11-11:45am |
| 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 | 10-10:55am |
| Gymnastics 3 @ GC | 6:10-7:05pm |
| Parkour @ GC | 12-12:55pm |
| Parkour @ GC | 3-3:55pm |
| Strength&Tumbling @ GC | 1-1:55pm |

| THURSDAY | |
|--------------------|---------------|
| Class | Time |
| Preschool @ RH | 10:45-11:30am |
| Kindergarten @ GC | 5-5:45pm |
| Gymnastics 1 @ GC | 10-10:55am |
| Gymnastics 2 @ GC | 5:30-6:25pm |
| Gymnastics 3 @ GC | 6:30-7:25pm |
| Beginner Poms @ GC | 11-11:45am |

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

| SATURDAY | |
|--|-----------------|
| Class | Time |
| Parent/child @ RH | 10:20-10:50am |
| 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 | 10-10:55am |
| Strength&Tumbling @ GC | 10:40-11:35am |

Schedule is subject to change based on enrollment

Class ages and descriptions are on reverse side

| Fees | Y Member / Community Participant |
|-------------------------------|----------------------------------|
| Parent/Child | \$23 / \$27 |
| Mini Movers & Teddy Tumblers | \$24 / \$33 |
| Preschool & Kindergarten @ RH | \$40 / \$58 |
| All classes @ GC | \$45 / \$65 |

Monday classes in Summer 1 cost less due to no classes on July 4th



GYMNASTICS CLASSES

Summer 1, 2016: June 13 - July 16 (5 weeks)

Summer 2, 2016: July 25 - August 28 (5 weeks)

Register online at ymcamke.org

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: 2-3

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: 2.5-3.5

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: 3-5

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.

Beginner Poms

Ages: 3-6

Come dressed for fun in this class where you will dance, shake, shout, and tumble!