



# GYMNASTICS SCHEDULE

**Winter 1 2018: Jan 2 - Feb 25**

**Member Registration: Nov 20 Community Registration: Dec 4**

**Winter 2 2018: Feb 26 - Apr 22**

**Member Registration: Nov 20 Community Registration: Jan 29**

**Register at [ymcamke.org](http://ymcamke.org) or by calling 414-354-9622**

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
Kindergarten @ GC	5:20-6:05pm
Girls' Gymnastics 1 @ GC	5:30-6:25pm
Girls' Gymnastics 2 @ GC	6:30-7:25pm
Tween/Teen Gymnastics @ GC	7:30-8:25pm
Obstacle Ninjas @ GC	5:30-6:25pm
Parkour (ages 8+) @ GC	6:30-7:25pm
TUESDAY	
Class	Time
Girls' Gymnastics 1 @ GC	6:30-7:25pm
Obstacle Ninjas @ GC	5:30-6:25pm
Adaptive Gymnastics @ GC	10-10:45am
Homeschool Gymnastics @ GC	11-11:55am
WEDNESDAY	
Class	Time
Preschool Gymnastics @ GC	5:20-6:05pm
Kindergarten @ GC	4:30-5:15pm
Girls' Gymnastics 1 @ GC	5:30-6:25pm
Girls' Gymnastics 2 @ GC	4:30-5:25pm
Girls' Gymnastics 3 @ GC	6:30-7:25pm
Adaptive Gymnastics @ GC	10-10:45am
Homeschool Gymnastics @ GC	11-11:55am
THURSDAY	
Class	Time
Parent/Child @ RH	9:30-10:00am
Mini Movers @ RH	10:05-10:35am
Teddy Tumblers @ RH	10:40-11:10am
Preschool @ RH	11:15am-12pm
Kindergarten @ GC	5:20-6:05pm
Girls' Gymnastics 1 @ GC	4:30-5:25pm
Girls' Gymnastics 2 @ GC	5:30-6:25pm
Girls' Gymnastics 3 @ GC	6:30-7:25pm
Beginner Poms @ GC	4:30-5:15pm

FRIDAY	
Class	Time
Preschool @ GC	10:05-10:50am
SATURDAY	
Class	Time
Preschool @ GC	9:50-10:35am
Kindergarten @ GC	9-9:45am
Kindergarten @ GC	10:40-11:25am
Boys' Gymnastics @ GC	9-9:55am
Girls' Gymnastics 1 @ GC	9-9:55am
Girls' Gymnastics 1 @ GC	10-10:55am
Girls' Gymnastics 2 @ GC	9-9:55am
Girls' Gymnastics 2 @ GC	10-10:55am
Girls' Gymnastics 3 @ GC	10-10:55am
Obstacle Ninjas @ GC	11-11:55am
Parkour @ GC	10-10:55am
Strength&Tumbling @ GC	12-12:55am

OPEN GYMS AT THE MEQUON GYMNASTICS CENTER	
Day	Time
Fridays	11am-1pm
Fridays	6-8pm
Saturdays	1:30-3:30pm

Open gym punch cards must be purchased in advance from the Rite Hite YMCA

Schedule is subject to change based on enrollment

**Class ages and descriptions are on reverse side**

Fees:	Early Bird	Open
	Y-member / Community Participant	
Parent/Child	\$40 / \$60	\$45 / \$65
Mini Movers & Teddy Tumblers	\$45 / \$70	\$50 / \$75
Preschool @ RH	\$70 / \$105	\$75 / \$110
All classes @ GC	\$75 / \$120	\$80 / \$125

\* A late fee will be assessed to any registration after the class begins.

Early Bird pricing takes place from the time registration opens to 2 weeks before the class starts.  
Open registration pricing takes place from 2 weeks before the class to the first day the class starts.

**RH = Rite Hite Family YMCA**  
**GC = Mequon Gymnastics Center**



# GYMNASTICS CLASSES

**Winter 1 2018: Jan 2 - Feb 25**

**Winter 2 2018: Feb 26 - Apr 22**

## **Parent/Child (co-ed)**

**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 (co-ed)**

**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 (co-ed)**

**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 (co-ed)**

**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 (co-ed)**

**Ages: 4-6**

All participants must be enrolled in 4K or 5K. Kindergarteners 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.

## **Boys' Gymnastics**

**Ages: 6+**

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. Boys will receive instruction on floor, vault, bars, and strength/conditioning.

## **Girls' 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.

## **Girls' 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.

## **Girls' 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.

## **Girls' Tween/Teen Gymnastics**

**Ages: 12+**

This mixed level class caters to gymnasts ages 12+ who prefer to be in a class with other participants closer to their age. Female gymnasts of all abilities are invited to join this class where instruction will be based on the needs of the registered individuals.

## **Obstacle Ninjas (co-ed)**

**Ages: 4-7**

Do you need a place for your little ninja to burn off some energy? This class will have obstacle courses and physical challenges each week to help children improve strength and endurance in a fun, safe environment.

## **Parkour (co-ed)**

**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 (co-ed)**

**Ages: 6+**

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

## **Beginner Poms**

**Ages: 4-6**

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

## **Adaptive Gymnastics**

**Ages 3-5\***

**If your child falls outside of this age range, please contact us!**

Join us as we explore the Gymnastics Center while working to increase strength, balance, coordination, and self-confidence. We will run, jump, swing, and roll in our safe environment. Stations will be tailored to fit the needs of each child.

## **Homeschool Gymnastics**

**Ages 3-15**

This structured class is open to gymnasts of all levels. Participants will develop gymnastics skills, flexibility and strength. No experience is required.