

PRESCHOOL GYMNASTICS LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS

PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BABY BEARS WALKING - 3 YRS \$23 - MEMBER \$49 - PROGRAM MEMBER GYM 2		9:30 AM - 10:00 AM 10:00 AM - 10:30 AM 5:15 PM - 5:45 PM	5:00 PM - 5:30 PM 6:15 PM - 6:45 PM			
LITTLE BEARS 1 3 YRS - 4 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		10:30 AM - 11:15 AM 5:45 PM - 6:30 PM	6:45 PM - 7:30 PM			
LITTLE BEARS 2 3 YRS - 5 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		11:15 AM - 12:00 PM 6:30 PM - 7:15 PM	5:30 PM - 6:15 PM			
SUPER BEARS 4 YRS - 5 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		4:30 PM - 5:15 PM	4:30 PM - 5:15 PM			
BEGINNER LEVEL 1 5 YRS - 6 YRS OR KINDERGARTEN \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		7:15 PM - 8:00 PM				

BABY BEARS | You and your child will be involved in a quality bonding experience while your child is introduced to a structured social environment. They will also develop self-confidence while working on motor skills, coordination and balance.

WALKING - 3 YRS | \$23 - MEMBER | \$49 - PROGRAM MEMBER | GYM 2

LITTLE BEARS 1 | Beginner level. Success, security and fun will be gained at this level. Kids will learn basic tumbling and explore new skills on the equipment.

3 YRS - 4 YRS | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2

LITTLE BEARS 2 | Prerequisite: Little Bears 1 or 4 to 5 years old. Intermediate level. Building on basic skills learned in previous level.

3 YRS - 5 YRS | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2

SUPER BEARS | Prerequisite: Little Bears 1 or 2 or 5 years old. Advanced level. Provides a foundation of basic tumbling skills, apparatus work and starting to learn more advanced skills.

4 YRS - 5 YRS | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2

BEGINNER LEVEL 1 | Prerequisite: Super Bears or currently in Kindergarten. Preparing for Level 1 Youth Class. Continue to master skills that are in Level 1.

5 YRS - 6 YRS OR KINDERGARTEN | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2

BOYS GYMNASTICS LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
BOYS 4 YRS - 5 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		4:30 PM - 5:15 PM				
BOYS 6 YRS - 10 YRS \$28 - MEMBER \$59 - PROGRAM MEMBER GYM 2		5:15 PM - 6:00 PM				

Boys Gymnastics | Your child will develop strength, flexibility and coordination, which are the building blocks needed for all sports, through this fun, energetic class. Participants will learn basic tumbling and explore different skills on the vault and uneven bars.

4 YRS - 5 YRS | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2

6 YRS - 10YRS | \$28 - MEMBER | \$59 - PROGRAM MEMBER | GYM 2



TUMBLING LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS
PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER \$28 - MEMBER \$59 - PROGRAM MEMBER 220 PARKER STREET		5:30 PM - 6:15 PM				
INTERMEDIATE / ADVANCED \$33 - MEMBER \$69 - PROGRAM MEMBER 220 PARKER STREET		4:30 PM - 5:30 PM				

TUMBLING | Tumblers will learn floor skills in a safe and secure environment, developing confidence and self-discipline while having fun! Classes designed to help cheerleaders and/or gymnasts of all skill levels refine and upgrade their tumbling skills.

BEGINNER | Little to no tumbling experience, working on cartwheels, round-offs, handstands and introduced to back tumbling.

6 YRS + OR 5 WITH APPROVAL | \$28 - MEMBER | \$59 - PROGRAM MEMBER | 220 PARKER STREET

INTERMEDIATE | Has basic tumbling skills mastered, working on back handsprings.

ADVANCED | Mastered the back handspring, working on running tumbling, back tucks and layouts.

6 YRS + OR 5 WITH APPROVAL | \$33 - MEMBER | \$69 - PROGRAM MEMBER | 220 PARKER STREET

YOUTH GYMNASTICS LESSONS

REGISTRATION DATES | MARCH 18 FOR MEMBERS AND MARCH 25 FOR PROGRAM MEMBERS

PROGRAM DATES | APRIL 8 - MAY 26

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 1 \$33 - MEMBER \$69 - PROGRAM MEMBER YMCA OR 220 PARKER STREET	5:30 PM - 6:30 PM PARKER ST		4:30 PM - 5:30 PM YMCA 5:30 PM - 6:30 PM YMCA	5:30 PM - 6:30 PM PARKER ST		
LEVEL 1 A \$33 - MEMBER \$69 - PROGRAM MEMBER YMCA OR 220 PARKER STREET	5:30 PM - 6:30 PM PARKER ST		5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA	5:30 PM - 6:30 PM PARKER ST		
LEVEL 2 \$33 - MEMBER \$69 - PROGRAM MEMBER YMCA OR 220 PARKER STREET	4:30 PM - 5:30 PM PARKER ST	4:30 PM - 5:30 PM PARKER ST	5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA			
LEVEL 2 A \$33 - MEMBER \$69 - PROGRAM MEMBER YMCA OR 220 PARKER STREET	4:30 PM - 5:30 PM PARKER ST		6:30 PM - 7:30 PM YMCA			

YOUTH GYMNASTICS | Every child will reach their full potential, both physically and mentally. Gymnastics classes can be the key foundation in developing strength, flexibility and coordination, the basics needed for all sports. Gymnasts will learn gymnastics skills in a safe and secure environment, developing self-confidence and self-discipline while having fun! Due to the progressive style of these classes, multiple sessions at any given level should be expected and instructor pre-approval is required for advancement.

LEVEL 1 | Introduction to the cartwheel, handstand and basic roll. Beginner skills are introduced on the vault, uneven bars and balance beam.

Level 1A | Gymnast can correctly execute a cartwheel, handstand and basic rolls. Can walk across and execute skills on the beam with confidence.

LEVEL 2 | More challenging skills will be learned in all events. There will be increased emphasis on dance skills, flexibility and strength.

LEVEL 2A | Gymnast can correctly execute a round-off, handstand, forward roll, split leap and split jump on floor. Has mastered all beam skills

in Level 2 such as lever, tuck jump, coupe hold and arabesque scale. Has mastered all uneven bar skills in Level 2.

KINDERGARTEN + | \$33 - MEMBER | \$69 - PROGRAM MEMBER | YMCA AND 220 PARKER STREET

PRIVATE GYMNASTICS/TUMBLING LESSON |

Lessons are 1 hour and pricing is per child

1 PERSON | \$35 - MEMBER | \$45 - PROGRAM MEMBER

2 PEOPLE | \$25 - MEMBER | \$35 - PROGRAM MEMBER

3 PEOPLE | \$20 - MEMBER | \$30 - PROGRAM MEMBER

PRIVATE GYMNASTICS/TUMBLING LESSONS | 4

lessons, lessons are 1 hour each and pricing is per child

1 PERSON | \$115 - MEMBER | \$155 - PROGRAM MEMBER

2 PEOPLE | \$75 - MEMBER | \$115 - PROGRAM MEMBER

3 PEOPLE | \$55 - MEMBER | \$95 - PROGRAM MEMBER

Contact Tonya Douglass at twelsh@kcymca.org for more information about Private Gymnastics Lessons