

# GYMNASTICS

## FALL 1 | SEPTEMBER 6TH - OCTOBER 30TH

YMCA MEMBER EARLY REGISTRATION | AUGUST 22ND

NON-MEMBER REGISTRATION | AUGUST 29TH

## FALL 2 | OCTOBER 31ST - DECEMBER 23RD

YMCA MEMBER EARLY REGISTRATION | OCTOBER 17TH

NON-MEMBER REGISTRATION | OCTOBER 24TH

CLASS	AGES	PRICE	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
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### PRE-SCHOOL GYMNASTICS

<b>BABY BEARS</b>	WALKING - 3 YEARS OLD	\$52	\$26	YMCA GYM 2		6:20PM-6:50 PM	4:45 PM- 5:15 PM 5:15 PM-5:45 PM	
<b>LITTLE BEARS 1</b>	3-4 YEARS OLD	\$62	\$31	YMCA GYM 2		5:25 PM-6:10 PM	5:45 PM-6:30 PM	
<b>LITTLE BEARS 2</b>	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 1	\$62	\$31	YMCA GYM 2		4:30 PM-5:15 PM	6:45 PM-7:30 PM	
<b>SUPER BEARS</b>	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 2	\$62	\$31	YMCA GYM 2			4:30 PM-5:15 PM	
<b>SUPER BEARS/ BEGINNER LEVEL 1</b>	4-6 YEARS OLD	\$62	\$31	YMCA GYM 2		7:00 PM-7:45 PM		

### BOYS GYMNASTICS

<b>BOYS 1</b>	4 - 5 YEARS OLD	\$62	\$31	220 PARKER ST		4:30 PM-5:15 PM		
<b>BOYS 2</b>	6 - 10 YEARS OLD	\$62	\$31	220 PARKER ST		5:20 PM-6:05 PM		

### TUMBLING LESSONS

<b>BEGINNER</b>	5 - 17 YEARS OLD	\$62	\$31	220 PARKER ST		4:30 PM-5:15 PM		
<b>INTERMEDIATE / ADVANCED</b>	6 - 17 YEARS OLD	\$62	\$31	220 PARKER ST		5:20 PM-6:05 PM		

### YOUTH GYMNASTICS

<b>LEVEL 1</b>	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	5:35 PM-6:35 PM 220 PARKER ST		4:30 PM-5:30 PM YMCA GYM 2 5:30 PM-6:30 PM YMCA GYM 2	5:30 PM-6:30 PM 220 PARKER ST
<b>LEVEL 1A</b>	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	5:35 PM-6:35 PM 220 PARKER ST		6:35 PM-7:35 PM YMCA GYM 2	5:30 PM-6:30 PM 220 PARKER ST
<b>LEVEL 2</b>	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	4:30 PM-5:30 PM 220 PARKER ST		5:30 PM-6:30 PM YMCA GYM 2	4:30 PM-5:30 PM 220 PARKER ST
<b>LEVEL 2A</b>	KINDERGARTEN OR 6 - 17 YEARS OLD	\$72	\$36	SEE TIMES	4:30 PM-5:30 PM 220 PARKER ST		6:35 PM-7:35 PM YMCA GYM 2	
<b>LEVEL 3</b>	ANYONE PRE-TEAM OR TEAM LEVEL	\$83	\$42	SEE TIMES				4:30 PM-6:00 PM 220 PARKER ST

## GYMNASTICS OPEN GYM

CLASS	AGES	CM	PRICE WITH YMCA MEMBER DISCOUNT	LOCATION	DATES	TIME
<b>YOUTH OPEN GYM</b>	6-17 YEARS OLD	\$6	\$4	220 PARKER ST	9.17   10.15   11.19   12.10	10:00 AM-11:30 AM
<b>ADULT OPEN GYM</b>	18+	\$6	\$4	220 PARKER ST	10.15   11.19	9:00 AM-10:00 AM

## GYMNASTICS

Through gymnastics, kids learn coordination, self confidence, and motor skills, flexibility, and balance. We offer gymnastics classes as soon as your child is walking. They can progress through several levels. We even offer a competitive Gymnastics Team. We also have classes just for boys and also with an emphasis in Tumbling.

## PRE-SCHOOL GYMNASTICS LESSONS

**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. \*ONLY 1 CAREGIVER PER CHILD

**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.

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

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

**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.

## BOYS GYMNASTICS LESSONS

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.

**BOYS 4-5 YEARS OLD & 6-10 YEARS OLD** | 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.

## TUMBLING LESSONS

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, roundoffs, handstands.

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

## YOUTH GYMNASTICS LESSONS

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 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.

**LEVEL 3** | Skills and combinations learned in this class are equivalent to those used at the pre-team/team level. This will help gymnasts prepare for pre-team and team.

## GYMNASTICS OPEN GYM

**YOUTH OPEN GYM** | During this time students are allowed to travel to different equipment at any time and practice gymnastics skills. On the floor the students will be able to work freely on skills that they have mastered on their own. Students will be supervised by Y gymnastics instructors. First 30 to sign up, day of registration only at 220 Parker St.

**ADULT OPEN GYM** | Are you a former gymnast or cheerleader and want to see what you can still do. During this time you are allowed to travel to different equipment at any time and practice gymnastics and cheerleading skills. Supervised by Y gymnastics instructors. First 20 to sign up, day of registration only at 220 Parker St.

## PRIVATE GYMNASTICS AND TUMBLING LESSONS

### 1 LESSON (1 HOUR)

- **1 PERSON**
  - ◇ PRICE | \$45
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$35
- **2 PEOPLE**
  - ◇ PRICE | \$35
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$25
- **3 PEOPLE**
  - ◇ PRICE | \$30
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$20

### 4 LESSONS (1 HOUR)

- **1 PERSON**
  - ◇ PRICE | \$155
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$115
- **2 PEOPLE**
  - ◇ PRICE | \$115
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$75
- **3 PEOPLE**
  - ◇ PRICE | \$95
  - ◇ PRICE WITH YMCA MEMBERSHIP DISCOUNT | \$55

Contact Tonya Douglass at [twelsh@kcymca.org](mailto:twelsh@kcymca.org) for more information about Private Gymnastics Lessons.

