

GYMNASTICS

SUMMER 1: JUNE 15TH - JULY 26TH | SUMMER 2: JULY 27TH - SEPTEMBER 6TH

(YM) SUMMER 1 YMCA MEMBER SIGN UP DATE: JUNE 1ST

(CM) SUMMER 1 COMMUNITY MEMBER SIGN UP DATE: JUNE 8TH

(YM) SUMMER 2 YMCA MEMBER SIGN UP DATE: JULY 13TH

(CM) SUMMER 2 COMMUNITY MEMBER SIGN UP DATE: JULY 20TH

(LO) CLASS LOCATION

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
PRE-SCHOOL GYMNASTICS LESSONS *SUMMER 1 ONLY									
BABY BEARS	WALKING - 3 YEARS OLD	\$20	\$46	YMCA GYM 2 *220 Parker St		*9:30 - 10:00 AM 5:30 - 6:00 PM	5:30 - 6:00 PM		
LITTLE BEARS 1	3-4 YEARS OLD	\$24	\$55	YMCA GYM 2 *220 Parker St		*10:15 - 11:00 AM 6:15 - 7:00 PM	6:15 - 7:00 PM		
LITTLE BEARS 2	4-5 YEARS OLD OR 3-5 YEARS OLD IF YOU HAVE TAKEN LITTLE BEARS 1	\$24	\$55	YMCA GYM 2 *220 Parker St		*11:15 - 12:00 PM 4:30 - 5:15 PM	7:15 - 8:00 PM		
SUPER BEARS	4 - 5 YEARS OLD OR 3 - 5 YEARS OLD IF YOU HAVE TAKEN LITTLE BEARS 1 AND OR 2	\$24	\$55	YMCA GYM 2		7:15 - 8:00 PM	4:30 - 5:15 PM		
BEGINNER LEVEL 1	5 - 6 YEARS OLD	\$24	\$55	YMCA GYM 2		RETURNS IN THE FALL			
BOYS GYMNASTICS									
BOYS	4 TO 5 YEARS OLD	\$24	\$55	220 PARKER STREET		4:30 - 5:15 PM			
BOYS	6 TO 10 YEARS OLD	\$24	\$55	220 PARKER STREET		5:30 - 6:15 PM			
TUMBLING LESSONS									
BEGINNER	5 - 18 YEARS	\$24	\$55	220 PARKER STREET		5:30 - 6:15 PM			
INTERMEDIATE / ADVANCED	5 - 18 YEARS	\$24	\$55	220 PARKER STREET		4:30 - 5:15 PM			

CLASS	AGES	YM	CM	LO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
YOUTH GYMNASTICS LESSONS									
LEVEL 1	5 – 18 YEARS	\$29	\$65	SEE TIMES FOR LOCATION	5:45 - 6:45 PM 220 PARKER ST		4:30 - 5:30 PM GYM 2 5:45 - 6:45 PM GYM 2	5:15 - 6:15 PM 220 PARKER ST	
LEVEL 1A	5 – 18 YEARS	\$29	\$65	SEE TIMES FOR LOCATION	5:45 - 6:45 PM 220 PARKER ST		7:00 - 8:00 PM GYM 2	5:15 - 6:15 PM 220 PARKER ST	
LEVEL 2	5 – 18 YEARS	\$29	\$65	SEE TIMES FOR LOCATION	4:30 - 5:30 PM 220 PARKER ST	4:45 - 5:45 PM 220 PARKER ST	5:45 - 6:45 PM GYM 2		
LEVEL 2A	5 – 18 YEARS	\$29	\$65	SEE TIMES FOR LOCATION	4:30 - 5:30 PM 220 PARKER ST		7:00 - 8:00 PM GYM 2		
LEVEL 3	OPEN TO EVERYONE AT PRE-TEAM OR TEAM LEVEL	\$32	\$70	220 PARKER STREET				4:30 - 5:45 PM 220 PARKER ST	

GYMNASTICS DESCRIPTIONS

Through gymnastics, kids learn coordination, self confidence, and motor skills in addition to developing flexibility and balance. We offer gymnastics classes as soon as your child is walking, and they can progress through several levels — we even offer a competitive Gymnastics Team. We also have classes just for boys or 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 4 to 5 years old. Intermediate level. Building on basic skills learned in previous level.

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.

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. WILL RETURN IN THE FALL.

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

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.

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 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.

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.

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, round-offs, handstands.

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

PRIVATE GYMNASTICS / TUMBLING LESSONS

- 1 LESSON (LESSONS ARE 1 HOUR)
 - 1 PERSON
 - \$35 - MEMBER
 - \$45 - COMMUNITY MEMBER
 - 2 PEOPLE
 - \$25 - MEMBER
 - \$35 - COMMUNITY MEMBER
 - 3 PEOPLE
 - \$20 - MEMBER
 - \$30 - COMMUNITY MEMBER
- 4 LESSONS (LESSONS ARE 1 HOUR)
 - 1 PERSON
 - \$115 - MEMBER

- \$155 - COMMUNITY MEMBER
- 2 PEOPLE
 - \$75 - MEMBER
 - \$115 - COMMUNITY MEMBER
- 3 PEOPLE
 - \$55 - MEMBER
 - \$95 - COMMUNITY MEMBER

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

GYMNASTICS 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.

DATES | WILL RETURN IN THE FALL

