

WINTER 2 | FEBRUARY 24TH - APRIL 5TH

REGISTRATION DATES | YMCA MEMBERS (YM) FEBRUARY 10TH & COMMUNITY MEMBERS (CM) FEBRUARY 17TH

PRE-SCHOOL GYMNASTICS LESSONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BABY BEARS WINTER 2 YM PRICE \$20 CM PRICE \$46		9:30-10:00 AM GYM 2 10:00-10:30 AM GYM 2 5:15-5:45 PM GYM 2	5:00-5:30 PM GYM 2 6:15-6:45 PM GYM 2		
LITTLE BEARS WINTER 2 YM PRICE \$24 CM PRICE \$55		10:30-11:15 AM GYM 2 5:45-6:30 GYM 2	6:45-7:30 PM GYM 2		
LITTLE BEARS 2 WINTER 2 YM PRICE \$24 CM PRICE \$55		11:15-12:00 PM GYM 2 6:30-7:15 PM GYM 2	5:30-6:15 PM GYM 2		
SUPER BEARS WINTER 2 YM PRICE \$24 CM PRICE \$55		4:30-5:15 PM GYM 2	4:30-5:15 PM GYM 2		
BEGINNER LEVEL 1 WINTER 2 YM PRICE \$24 CM PRICE \$55		7:15-8:00 PM GYM 2			

BOYS GYMNASTICS (*CLASSES THAT MEET ON JAN 14TH, 28TH AND FEB 18TH WILL BE HELD IN YMCA GYM 2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BOYS 4-5 YEARS OLD WINTER 2 YM PRICE \$24 CM PRICE \$55		4:30-5:15 PM *220 PARKER ST			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BOYS 6-10 YEARS OLD WINTER 2 YM PRICE \$24 CM PRICE \$55		5:15-6:00 PM *220 PARKER ST			

TUMBLING LESSONS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BEGINNER WINTER 2 YM PRICE \$24 CM PRICE \$55				5:15-6:00 PM *220 PARKER ST	
INTERMEDIATE/ ADVANCED WINTER 2 YM PRICE \$24 CM PRICE \$55				4:30-5:15 PM *220 PARKER ST	

YOUTH GYMNASTICS LESSONS (*CLASSES THAT MEET ON JAN 14TH, 28TH AND FEB 18TH WILL BE HELD IN YMCA GYM 2)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
LEVEL 1 WINTER 2 YM PRICE \$29 CM PRICE \$65	5:30-6:30 PM *220 PARKER ST		4:30-5:30 PM GYM 2 5:30-6:30 PM GYM 2	5:30-6:30 PM *220 PARKER ST	
LEVEL 1A WINTER 2 YM PRICE \$29 CM PRICE \$65	5:30-6:30 PM *220 PARKER ST		5:30-6:30 PM GYM 2 6:30-7:30 PM GYM 2	5:30-6:30 PM *220 PARKER ST	
LEVEL 2 WINTER 2 YM PRICE \$29 CM PRICE \$65	4:30-5:30 PM *220 PARKER ST	4:30-5:30 PM *220 PARKER ST	5:30-6:30 PM GYM 2 6:30-7:30 PM GYM 2		
LEVEL 2A WINTER 2 YM PRICE \$29 CM PRICE \$65	4:30-5:30 PM *220 PARKER ST		6:30-7:30 PM GYM 2		
LEVEL 3 WINTER 2 YM PRICE \$34 CM PRICE \$75				4:30-6:00 PM *220 PARKER ST	

GYMNASTICS

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.

WINTER 2 | 6 WEEKS | FEBRUARY 24 - APRIL 5

WINTER 2 REGISTRATION DATE | YMCA MEMBERS FEBRUARY 10TH & COMMUNITY MEMBERS FEBRUARY 17TH

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.

WEEKLY GYMNASTICS LESSONS (YMCA GYM 2) | TUESDAY 9:30-10:00 AM, 10:00-10:30 AM AND 5:15-5:45 PM | WEDNESDAY 5:00-5:30 PM AND 6:15-6:45 PM

**YMCA MEMBER PRICE | WINTER 2 - \$20
COMMUNITY MEMBER PRICE | WINTER 2 - \$46**

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.

WEEKLY GYMNASTICS LESSONS (YMCA GYM 2) | TUESDAY 10:30-11:15 AM AND 5:45-6:30 PM | WEDNESDAY 6:45-7:30 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55

LITTLE BEARS 2

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

WEEKLY GYMNASTICS LESSONS (YMCA GYM 2) | TUESDAY 11:15-12:00 AM AND 6:30-7:15 PM | WEDNESDAY 5:30-6:15 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55

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.

WEEKLY GYMNASTICS LESSONS (YMCA GYM 2) | TUESDAY 4:30-5:15 PM | WEDNESDAY 4:30-5:15 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55

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.

WEEKLY GYMNASTICS LESSONS (YMCA GYM 2) | TUESDAY 7:15-8:00 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55

BOYS GYMNASTICS LESSONS

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.

WEEKLY GYMNASTICS LESSONS (AT 220

PARKER ST, CLASSES THAT MEET ON JAN 14TH, 28TH AND FEB 18TH WILL BE HELD IN YMCA GYM 2) | 4-5 YEARS OLD - TUESDAY 4:20-5:15 PM | 6-10 YEARS OLD - TUESDAY 5:15-6:00 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55

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.

WEEKLY GYMNASTICS LESSONS | MONDAY 5:30-6:30 PM (220 PARKER ST) | WEDNESDAY 4:30-5:30 PM AND 5:30-6:30 PM (YMCA GYM 2) | THURSDAY 5:30-6:30 PM (220 PARKER ST)
YMCA MEMBER PRICE | WINTER 2 - \$29
COMMUNITY MEMBER PRICE | WINTER 2 - \$65

LEVEL 1A

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

WEEKLY GYMNASTICS LESSONS | MONDAY 5:30-6:30 PM (220 PARKER ST) | WEDNESDAY 5:30-6:30 PM AND 6:30-7:30 PM (YMCA GYM 2) | THURSDAY 5:30-6:30 PM (220 PARKER ST)
YMCA MEMBER PRICE | WINTER 2 - \$29
COMMUNITY MEMBER PRICE | WINTER 2 - \$65

LEVEL 2

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

**WEEKLY GYMNASTICS LESSONS (AT 220 PARKER ST, CLASSES THAT MEET ON JAN 14TH, 28TH AND FEB 18TH WILL BE HELD IN YMCA GYM 2) | MONDAY 4:30-5:30 PM (220 PARKER ST) | TUESDAY 4:30-5:30 PM (220 PARKER ST) | WEDNESDAY 5:30-6:30 PM AND 6:30-7:30 PM (YMCA GYM 2)
YMCA MEMBER PRICE | WINTER 2 - \$29
COMMUNITY MEMBER PRICE | WINTER 2 - \$65**

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.

**WEEKLY GYMNASTICS LESSONS | MONDAY 4:30-5:30 PM (220 PARKER ST) | WEDNESDAY 6:30-7:30 PM (YMCA GYM 2)
YMCA MEMBER PRICE | WINTER 2 - \$29
COMMUNITY MEMBER PRICE | WINTER 2 - \$65**

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.

**WEEKLY GYMNASTICS LESSONS | THURSDAY 4:30-6:00 PM (220 PARKER ST)
YMCA MEMBER PRICE | WINTER 2 - \$34
COMMUNITY MEMBER PRICE | WINTER 2 - \$75**

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

**WEEKLY GYMNASTICS LESSONS | THURSDAY 5:15-6:00 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55**

INTERMEDIATE/ADVANCED

INTERMEDIATE | Has basic tumbling skills mastered, working on back handsprings.
ADVANCED | Mastered the back handspring, working on running tumbling, back tucks and layouts.

**WEEKLY GYMNASTICS LESSONS | THURSDAY 4:30-5:15 PM
YMCA MEMBER PRICE | WINTER 2 - \$24
COMMUNITY MEMBER PRICE | WINTER 2 - \$55**

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 | FEBRUARY 22ND, MARCH 14TH, APRIL 18TH, MAY 9TH
TIME | 11:30-1:00 PM
LOCATION | 220 PARKER ST
AGES | 5-17 YEARS OLD
YMCA MEMBER PRICE | \$3 PER VISIT
COMMUNITY MEMBER PRICE | \$5 PER VISIT**