

GYMNASTICS

FALL 1 | SEPTEMBER 7TH - OCTOBER 31ST (8 WEEKS)

*NO CLASSES ON SEPTEMBER 6TH. CLASSES WILL BE PRORATED AT REGISTRATION.

(YM) YMCA MEMBER SIGN UP | AUGUST 16TH

(CM) COMMUNITY MEMBER SIGN UP | AUGUST 23RD

FALL 2 | NOVEMBER 1ST - DECEMBER 19TH (7 WEEKS)

*NO CLASSES ON NOVEMBER 24TH - 28TH. CLASSES WILL BE PRORATED AT REGISTRATION

(YM) YMCA MEMBER SIGN UP | OCTOBER 18TH

(CM) COMMUNITY MEMBER SIGN UP | OCTOBER 25TH

CLASS	AGES	YM	CM	LOCATION	TUESDAYS	WEDNESDAY
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PRE-SCHOOL GYMNASTICS

BABY BEARS	WALKING - 3 YEARS OLD	\$27	\$53	YMCA GYM 2	6:20-6:50 PM	5:15-5:45 PM
LITTLE BEARS 1	3-4 YEARS OLD	\$32	\$63	YMCA GYM 2	5:25-6:10 PM	5:45-6:30 PM
LITTLE BEARS 2	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 1	\$32	\$63	YMCA GYM 2	4:30-5:15 PM	6:45-7:30 PM
SUPER BEARS	4-5 YEARS OLD OR 3-4 IF YOU HAVE TAKEN LITTLE BEARS 2	\$32	\$63	YMCA GYM 2		4:30-5:15 PM
SUPER BEARS/ BEGINNER LEVEL 1	4-6 YEARS OLD	\$32	\$63	YMCA GYM 2	7:00-7:45 PM	

BOYS GYMNASTICS

BOYS 1	4 - 5 YEARS OLD	\$32	\$63	220 PARKER ST	4:30 - 5:15 PM	
BOYS 2	6 - 10 YEARS OLD	\$32	\$63	220 PARKER ST	5:20 - 6:05 PM	

TUMBLING LESSONS

BEGINNER	5 - 17 YEARS OLD	\$32	\$63	220 PARKER ST	4:30 - 5:15 PM	
INTERMEDIATE / ADVANCED	6 - 17 YEARS OLD	\$32	\$63	220 PARKER ST	5:20 - 6:05 PM	

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(YM) YMCA MEMBER SIGN UP | OCTOBER 18TH

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CLASS	AGES	YM	CM	LOCATION	MONDAYS	WEDNESDAYS	THURSDAYS
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YOUTH GYMNASTICS LESSONS

LEVEL 1	KINDERGARTEN OR 6 - 17 YEARS OLD	\$38	\$74	SEE TIMES	5:35 - 6:35 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	KINDERGARTEN OR 6 - 17 YEARS OLD	\$38	\$74	SEE TIMES	5:35 - 6:35 PM 220 PARKER ST	6:35 - 7:35 PM GYM 2	5:30 - 6:30 PM 220 PARKER ST
LEVEL 2	KINDERGARTEN OR 6 - 17 YEARS OLD	\$38	\$74	SEE TIMES	4:30 - 5:30 PM 220 PARKER ST	5:30 - 6:30 PM GYM 2	
LEVEL 2A	KINDERGARTEN OR 6 - 17 YEARS OLD	\$38	\$74	SEE TIMES	4:30 - 5:30 PM 220 PARKER ST	6:35 - 7:35 PM GYM 2	
LEVEL 3	ANYONE PRE-TEAM OR TEAM LEVEL	\$48	\$92	SEE TIMES			4:30 - 6:00 PM 220 PARKER ST

GYMNASTICS OPEN GYM

CLASS	AGES	YM	CM	LOCATION	DATES	TIME
OPEN GYM	5-17 YEARS OLD	\$4	\$6	220 PARKER ST	9.18 10.16 11.20 12.4	10:00 AM - 11:30 AM

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.

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.

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.

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.

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 AND TUMBLING LESSONS

1 LESSON (LESSONS ARE 1 HOUR)

- 1 PERSON
 - ◇ \$35 - YMCA MEMBER
 - ◇ \$45 - COMMUNITY MEMBER
- 2 PEOPLE
 - ◇ \$25 - YMCA MEMBER
 - ◇ \$35 - COMMUNITY MEMBER
- 3 PEOPLE
 - ◇ \$20 - YMCA MEMBER
 - ◇ \$30 - COMMUNITY MEMBER

4 LESSONS (LESSONS ARE 1 HOUR)

- 1 PERSON --
 - ◇ \$115 - YMCA MEMBER
 - ◇ \$155 - COMMUNITY MEMBER
- 2 PEOPLE
 - ◇ \$75 - YMCA MEMBER
 - ◇ \$115 - COMMUNITY MEMBER
- 3 PEOPLE
 - ◇ \$55 - YMCA MEMBER
 - ◇ \$95 - COMMUNITY MEMBER

Contact Tonya Douglass at twelsh@kcyymca.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.

WARSAW LEGACY ELITE CHEER!

The YMCA's Warsaw Legacy Elite is a Half Season All Star Cheerleading team. All Star Cheerleading offers several different divisions and levels. Our goal is to offer



a program for those athletes who are not ready to make cheerleading their “one and only” sport or who are just beginning in cheer. Warsaw Legacy Elite program offers athletes an opportunity to experience the excitement of All Star Cheer without the financial obligation and rigorous training schedule, while emphasizing fun, skill acquisition and teamwork. Our program is the perfect building process for athletes that love cheerleading, but do not have the time to commit to multiple practices a week for a full 12 month season.

Warsaw Legacy Elite will offer teams for athletes 5-18 years old. Teams will have one team practice each week and will also have one team tumbling/stunt class included with their monthly tuition. The teams will learn a competitive cheer routine which includes tumbling, jumping, stunting, and dance. Our schedule is set to compete at three competitions from February through March. There is no previous experience needed and no tumbling requirements to join the Warsaw Legacy Elite Team. Teams will be formed based on the athlete’s age and current skill level.

TO REGISTER | To register for The YMCA’s Warsaw Legacy Elite Cheer please visit www.kcymca.org. During registration

you will sign up for two of the following evaluation days. Evaluation days are used to place all participants on appropriate teams. Participants can join after the evaluation dates through September 30

During evaluation days we will work with athletes to divide them up into their teams based on age and skill level. Once athletes have been divided up by age and skill level, teams will practice once a week for two hours. **Teams will practice on Sundays.** Team practice times will be set after evaluations have been completed.

They will also have a required one hour team tumbling class and a half hour stunt class each week. These



classes will take place on Wednesday.

If you have any questions please email Kristin Thomas at kthomas@kcymca.org or visit www.kcymca.org.

EVALUATIONS DAYS | Athletes will be required to attend both evaluation days in their age group. This is the best way for us to place kids on the correct teams together.

- AUGUST 15TH | 1:00 PM–2:30 PM | AGES 5–9
- AUGUST 15TH | 3:00 PM–4:30 PM | AGES 10 -18
- AUGUST 18TH | 5:30 PM–6:30 PM | AGES 5 – 9
- AUGUST 18TH | 6:45 PM–7:45 PM | AGES 10 – 18

LOCATION | 220 Parker Street, Warsaw, IN 46580

WHAT WEAR | T-shirt and black shorts–no jewelry. Athletes will be required to attend both evaluation days. This is the best way for us to place kids on the correct teams together.