

PRESCHOOL GYMNASTICS LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BABY BEARS WALKING - 3 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$27 - MEMBER \$53 - COMMUNITY MEMBER GYM 2 FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$23 - MEMBER \$49 - COMMUNITY MEMBER GYM 2		10:00 AM - 10:30 AM 5:15 PM - 5:45 PM	6:15 PM - 6:45 PM 5:00 PM - 5:30 PM			
LITTLE BEARS 1 3 YRS - 4 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER GYM 2 FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY 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 FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER GYM 2 FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY 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 FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER GYM 2 FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER GYM 2		4:30 PM - 5:15 PM	4:30 PM - 5:15 PM			
BEGINNER LEVEL 1 5 YRS - 6 YRS FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER GYM 2 FALL 2 - 7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER GYM 2		7:15 PM - 8:00 PM				

PRESCHOOL GYMNASTICS DESCRIPTIONS

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.

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

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BOYS 4 YRS - 5 YRS</p> <p>FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER 220 PARKER ST</p> <p>FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER 220 PARKER ST</p>		4:30 PM - 5:15 PM (220 PARKER ST)				
<p>BOYS 6 YRS - 10 YRS</p> <p>FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER 220 PARKER ST</p> <p>FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER 220 PARKER ST</p>		5:15 PM - 6:00 PM (220 PARKER ST)				

BOYS GYMNASTICS DESCRIPTIONS

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.

TUMBLING LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER 220 PARKER ST FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER 220 PARKER ST				5:15 PM - 6:00 PM (220 PARKER ST)		
INTERMEDIATE / ADVANCED FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$32 - MEMBER \$63 - COMMUNITY MEMBER 220 PARKER ST FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$28 - MEMBER \$59 - COMMUNITY MEMBER 220 PARKER ST				4:30 PM - 5:15 PM (220 PARKER ST)		

TUMBLING DESCRIPTIONS

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.

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

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

YOUTH GYMNASTICS LESSONS

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
 REGISTRATION DATES | FALL 2: OCTOBER 14 FOR MEMBERS AND OCTOBER 21 FOR COMMUNITY MEMBERS
 PROGRAM DATES | FALL 1 SEPTEMBER 3 - OCTOBER 27 | FALL 2: OCTOBER 28 - DECEMBER 22

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 1 FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER	5:30 PM - 6:30 PM 220 PARKER ST		4:30 PM - 5:30 PM YMCA 5:30 PM - 6:30 PM YMCA	5:30 PM - 6:30 PM 220 PARKER ST		

YOUTH GYMNASTICS LESSONS CONT.

REGISTRATION DATES | FALL 1: AUGUST 12 FOR MEMBERS AND AUGUST 19 FOR COMMUNITY MEMBERS
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CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEVEL 1A						
FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER	5:30 PM - 6:30 PM 220 PARKER ST		5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA	5:30 PM - 6:30 PM 220 PARKER ST		
LEVEL 2						
FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER	4:30 PM - 5:30 PM 220 PARKER ST	4:30 PM - 5:30 PM 220 PARKER ST	5:30 PM - 6:30 PM YMCA 6:30 PM - 7:30 PM YMCA			
LEVEL 2A						
FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$38 - MEMBER \$74 - COMMUNITY MEMBER FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$33 - MEMBER \$69 - COMMUNITY MEMBER	4:30 PM - 5:30 PM 220 PARKER ST		6:30 PM - 7:30 PM YMCA			
LEVEL 3						
FALL 1 - 8 WEEKS SEPTEMBER 3 - OCTOBER 27 \$45 - MEMBER \$85 - COMMUNITY MEMBER FALL 2 -7 WEEKS OCTOBER 28 - DECEMBER 22 \$39 - MEMBER \$80 - COMMUNITY MEMBER				4:30 PM - 6:00 PM 220 PARKER ST		

YOUTH GYMNASTICS LESSONS DESCRIPTIONS

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.

YOUTH GYMNASTICS LESSONS DESCRIPTIONS CONT.

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.

PRIVATE GYMNASTICS/TUMBLING LESSONS | Lessons are 1 hour and pricing is per child

1 PERSON | \$35 - MEMBER | \$45 - COMMUNITY MEMBER
2 PEOPLE | \$25 - MEMBER | \$35 - COMMUNITY 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 - 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.

5 YRS - 17 YRS | 11:30 AM - 1:00 PM | \$3 PER VISIT - MEMBER | \$5 PER VISIT - COMMUNITY MEMBER | 9.21, 10.12, 11.9 AND 12.14 | 220 PARKER ST

