

# YGYMNASTICS™

We build strong kids, strong families, strong communities.

## PRE-TEAM GYMNASTICS

This class is designed to prepare gymnasts wanting to compete in the fall competitive gymnastics season. Girls will spend more time in the gym mastering level 4 skills and routines on all 4 events (beam, bars, floor, & vault). Conditioning will also be included. Participants are required to complete two consecutive sessions of Pre-Team or pass skills-based evaluation by one of the coaches prior to being considered for the competitive team.

### Spring and Summer Program Sessions

**Spring Fees: Member: \$35 Other: \$70**

**Summer Fees: Member: \$25 Other: \$50**

Greenville Tuesday 6:30-8:00 pm

### Spring Program Session Only

**Fees: Member: \$30 Other: \$60**

Versailles Monday 7:00-8:00 pm

## OPEN GYM (Ages 7 yrs & up)

The gymnastics area will be available for use on select Saturdays throughout the session. This time is open to any member or non-member who is interested in practicing and perfecting tumbling or gymnastics skills. Instructors will be available to help participants with skills, however, this is not a typical class setting. Participants will be expected to work independently and productively without ongoing instruction.

**Fees: Member: \$5 Other: \$5**

Greenville Saturday 10:30 am-12:00 pm

April 10 April 24 May 8

May 22 June 5 June 19

July 10 July 24 August 14

## COMPETITIVE GYMNASTICS TEAM

This team is for interested and qualified gymnasts who will train throughout the summer on floor, bars, vault and balance beam. The team will compete at regional competitions in the fall and winter. Gymnasts must complete one session of Pre-Team class or must have previously competed at Level 4 or higher. Gymnasts will compete at levels 4, 5, 6, 7, 8 or 9. Must be a YMCA member. Competitive Gymnastics Team 2010-2011 Season will begin on Monday, May 17. **There will be a Parent Meeting on Thursday, May 6 at 6:30 pm at the Greenville Facility that will cover practice/competition schedules, expectations and fees.**

**Fees\*:**

**Level 4 \$495.00**

**Levels 5/6 \$605.00**

**Levels 7-9 \$715.00**

**Greenville Team practices Mon/Thu/Fri evenings**

\*Fees may be paid in four equal payments. Payment schedule will be available at the Parent's Meeting on Thursday, May 6.

## TUMBLING PROGRAM FEES:

**Spring Program Session: Member: \$18 Other: \$38**

**Summer Program Sessions: Member: \$15 Other: \$32**

### BEGINNER TUMBLING (Ages 5 yrs & up)

This class is for students with no prior tumbling experience who want to learn basic tumbling skills. Only floor mats will be used. We will learn front/back rolls, cartwheels, round-offs and back bends.

#### Spring Program Session

Greenville Wednesday 5:30-6:30 pm

Versailles Monday 6:15-7:00 pm

#### Summer Program Sessions

Greenville Wednesday 6:00-7:00 pm

### INTERMEDIATE TUMBLING (Ages 7 yrs & up)

This class is for students wanting to improve and learn more advanced tumbling skills. Only floor mats will be used. The end goal is a good round-off and a back bend kick over. Must be able to do a good cartwheel and handstand.

#### Spring Program Session

Greenville Wednesday 5:30-6:30 pm

Versailles Monday 6:15-7:00 pm

#### Summer Program Sessions

Greenville Wednesday 6:00-7:00 pm

### ADVANCED TUMBLING (Ages 7 yrs & up)

This class is for students wanting to master advanced tumbling skills: back handsprings, front handsprings and strong round-offs. Only floor mats will be used. The end goal is a back handspring. Must be able to do a good round-off, back bend kick over and handstand.

#### Spring Program Session

Greenville Wednesday 6:30-7:30 pm

Versailles Monday 6:15-7:00 pm

#### Summer Program Sessions

Greenville Wednesday 7:00-8:00 pm

### TUMBLE FOR CHEER (Ages 12 yrs & up)

This class is for students who are in Junior High or High School and want to master high level tumbling skills for cheerleading. The end goal is a round-off multiple back handsprings, back tucks and aerials. We will fine tune tumbling skills, strength building and include cheer jumps into our tumbling. Must be able to do a back handspring without assistance.

#### Spring Program Session

Greenville Wednesday 7:30-8:30 pm

#### Summer Program Sessions

Greenville Wednesday 7:00-8:00 pm