

YGYMNASTICS™

We build strong kids, strong families, strong communities.

YMCA Progressive Gymnastics provides each individual the opportunity to develop his or her potential through instruction that encourages development of the total person - mentally, physically and emotionally. Each level will emphasize skills development, safety education, gymnastics foundations, execution keys and values education.

Spring Program Fees: Member: \$18 Other: \$38

Summer Program Fees: Member: \$13 Other: \$28

Gymnastics Program Coordinator: Katy Smith

ROLLERS

This class is for beginners at least four years of age. Children will learn a forward roll, a basic cartwheel, the bridge position, walk the beam and do a front support on the bar.

Spring Program Session

Greenville	Tuesday	4:30-5:15 pm
Greenville	Tuesday	6:00-6:45 pm
Greenville	Saturday	9:45-10:30 am
Versailles	Monday	5:30-6:15 pm

Summer Program Sessions

Greenville	Tuesday	6:00-6:45 pm
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SWINGERS

Advanced Beginners: Participants will continue to build upon skills learned in Rollers. In order to progress, participants must be able to do a handstand, a round off, a back bend, a pullover on the bars and basic vaulting techniques. Prerequisite: Rollers

Spring Program Session

Greenville	Tuesday	4:30-5:15 pm
Greenville	Tuesday	6:00-6:45 pm
Versailles	Monday	5:30-6:15 pm

Summer Program Sessions

Greenville	Tuesday	6:00-6:45 pm
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KIPPERS

Intermediate: Participants will build upon skills learned in Swingers. In order to progress participants must be able to do a handstand bridge, a handstand forward roll, hip circles on the bars, a round off dismount and advanced vaulting skills. Prerequisite: Swingers

Spring Program Session

Greenville	Tuesday	4:30-5:15 pm
Greenville	Tuesday	6:00-6:45 pm
Versailles	Monday	5:30-6:15 pm

Summer Program Sessions

Greenville	Tuesday	6:00-6:45 pm
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BOYS GYMNASTICS (Ages 5 yrs. & up)

This class is for boys all ages and all abilities who want to learn gymnastics. Boys will learn the basic skills of gymnastics and tumbling using the spring floor, bars, spring board and trampoline. A good front roll and basic cartwheel or handstand are required.

Spring Program Session Only

Greenville	Tuesday	5:15-6:00 pm
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TUMBLE & TWIST (Ages 6 & up)

This class is open to boys and girls ages 6 and up. The class will incorporate our newly installed Tumble Tramp, our spring floor, spring boards and mini tramps. Participants will learn according to their skill level and age. They will be instructed how to safely perform basic tumble and flipping techniques on a variety of equipment.

Spring Program Session Only

Fees: Member: \$18 Other: \$38

Greenville	Tuesday	5:15-6:00 pm
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YOU & ME BABY (Crawling to 3 years)

Children will develop vital motor skills such as coordination, walking, running, throwing and playing using age appropriate equipment and will prepare the child for tumbling. *Parent participation required.*

Spring Program Session Only

Fees: Member: \$16 Other: \$34

Greenville	Tuesday	2:30-3:00 pm
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TUMBLE TOTS (Ages 3 yrs & up)

A great class for preschoolers to help develop coordination and body awareness. We will work on fundamental tumbling skills such as forward and backward rolls, pull up and more. Come join us for a fun- filled class.

Spring Program Session

Fees: Member: \$16 Other: \$34

Greenville	Tuesday	5:30-6:00 pm
Versailles	Monday	5:00-5:30 pm

Summer Program Sessions

Fees: Member: \$11 Other: \$24

Greenville	Tuesday	5:30-6:00 pm
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MOVE N' GROOVE (Ages 3-6)

This class will incorporate music, movement, games and gymnastics. Participants will run, play and dance to fun music. This is a great class to help develop coordination, large motor skills and a love of movement!

Spring Program Session Only

Fees: Member: \$16 Other: \$34

Greenville	Saturday	9:15-9:45 am
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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