

YGYMNASTICS™

We build strong kids, strong families, strong communities.

Preschool Gymnastics

YOU & ME BABY (Crawling to 3 years)

Children will develop coordination, walking, running, throwing and playing using age appropriate equipment. Basic movement skills will be practiced. Developmental and lead-up activities through play and dance will prepare the children for tumbling. Structured activities will give you and your child an opportunity to interact in a new, stimulating environment while developing vital motor skills. Parent participation required.

Fees:	Member: \$16	Other: \$34
Greenville	Tuesday	2:30-3:00 pm
Versailles	Tuesday	11:30 am-12:00 pm

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.

Fees:	Member: \$16	Other: \$34
Greenville	Tuesday	5:30-6:00 pm
Versailles	Monday	5:00-5:30 pm
Versailles	Tuesday	11:00-11:30 am

MOVE N' GROOVE (Ages 3-6)



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

Fees:	Member: \$16	Other: \$34
Greenville	Saturday	9:15-9:45 am
Versailles	Monday	11:00-11:30 am
Versailles	Wednesday	4:00-4:30 pm

STRETCH, SONGS, & STORIES (Ages 6 mo. & up)

We will sing songs, read stories, incorporate large motor skills and finger plays. Participants will use rhythm instruments to learn music skills such as loud/soft and fast/slow as well as basic listening skills.

Fees:	Member: \$16	Other: \$34
Versailles	Monday	10:30-11:00 am
Versailles	Wednesday	4:30-5:00 pm

Tumbling

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.

Fees:	Member: \$18	Other: \$38
Greenville	Wednesday	5:30-6:30 pm
Instructor: Sheyanne Olson		
Versailles	Monday	6:15-7:00 pm
Instructor: Jordan Nieport		

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. We will continue to work on basic tumbling skills and strength building. Must be able to do a good cartwheel and handstand.

Fees:	Member: \$18	Other: \$38
Greenville	Wednesday	5:30-6:30 pm
Instructor: Sheyanne Olson		
Versailles	Monday	6:15-7:00 pm
Instructor: Kristin Harleman		

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. We will continue to fine tune tumbling skills and strength building. Must be able to do a good round-off, back bend kick over and handstand.

Fees:	Member: \$18	Other: \$38
Greenville	Wednesday	6:30-7:30 pm
Instructor: Sheyanne Olson		
Versailles	Monday	6:15-7:00 pm
Instructor: Kristin Harleman		

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 upcoming cheer tryouts. 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.

Fees:	Member: \$18	Other: \$38
Greenville	Wednesday	7:30-8:30 pm
Instructor: Sheyanne Olson		