

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.

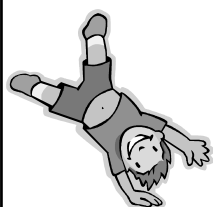
Fees:	Member: \$16	Other: \$34
Greenville	Tuesday	2:30-3:00 pm
Versailles	Tuesday	11:30 am-12:00 pm

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		

YARTS™

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Dance

BEGINNER BALLET (Ages 2-5 yrs.)

Students will learn beginning ballet basics, foot and body positions as well as stretches. They will enjoy singing and dancing to fun music. Ballet shoes and leotard recommended.

Fees: **Member: \$18** **Other: \$38**
 Greenville Thursday 5:30-6:15 pm
 Instructor: Carrie Stiefel

GET UP AND DANCE! (Ages 12 and up) - NEW!

This class is perfect for those wanting to experience a dance class with or without dance experience. This class is not geared toward one specific dance style, but will incorporate many different styles; ballet, modern, jazz, lyrical and even Latin. This is a great class for moms and daughters who are looking for an activity to do together! Please wear comfortable workout clothing. Dance shoes are optional.

Fees: **Member: \$18** **Other: \$38**
 Greenville Thursday 6:15-7:00 pm
 Instructor: Carrie Stiefel

SHALL WE DANCE? - NEW!

Couples or singles come have fun learning the Cha-Cha-Cha, East Coast Swing, which is similar to the Jitter Bug, and Night Club Dancing. A great chance to meet new people and have fun. Jan Aukerman and Becky Dirksen have been active in the United Country Western Dance Council dance circuit for 13 years, dancing all across the United States! Jan and Becky have been teaching dance locally for 10 years.

Fees: **Member: \$30** **Other: \$62**
 Program Begins: Sunday, January 17
 Program Ends: Sunday, March 4
 Greenville Sunday 3:00-4:30 pm
 Instructor: Jan Aukerman and Becky Dirksen

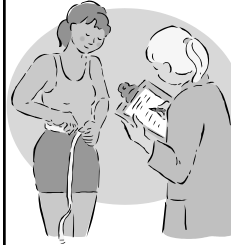


Looking for a bit more cardio to add to your dance class? Why not try Zumba? See page 19 for more details!

YHEALTH & WELL-BEING™

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PERSONAL FITNESS ASSESSMENTS



Your personal fitness assessment provides you with information on your health and fitness level by measuring your height, weight, resting heart rate, blood pressure, body composition, cardio-respiratory fitness, muscular grip strength and flexibility. This assessment will allow you to evaluate where you are physically, where you want to be and what changes may need to be made to help you achieve your health and fitness goals. At the conclusion of each assessment, you will receive a computer printout explaining each test and your results. Fitness assessments are also offered for teens.

Fees: **Member: \$15** **Other: \$32**

BODY COMPOSITION ANALYSIS

A Body Composition Analysis can help you determine more realistically what your weight range should be based on your percentage of body fat and lean mass. Body fat is an essential component of healthy weight loss, gain and maintenance. If you are considering adjusting your weight based on the scale, consider scheduling a Body Composition Analysis FIRST, and we will help you get a healthy start. Body Composition Analysis is included in a Personal Fitness Assessment.

Fees: **Member: \$5** **Other: \$15**



ORIENTATIONS

Free orientations or assistance is available for the Free Weight Room (all members) and the Cardio-Strength Center (Cardio-Strength members only) at both Greenville and Versailles. It is strongly recommended that each

member have an orientation before using fitness equipment. Contact Darla Sutherland, Fitness Director, at 548-3777 to schedule an appointment.

HEALTHY HEART CENTER

The YMCA offers heart healthy exercise opportunities for those who have a need for controlled exercises that focus on continuing cardiac rehabilitation. This program is available on a monthly basis.



Monthly Fees: **Member: \$35** **Other: \$50**
 Greenville Mon/Wed/Fri 7:00-8:00 am
 Greenville Mon/Wed/Fri 8:00-9:00 am