

# Gymnastics: Preschool & Youth

## Preschool & Youth *ages 2-8*

Our programs offer an introduction to all early gymnastics venues. Specifically designed to enhance body awareness, balance, coordination, core strength and self-confidence.

MEM: \$70 PRO: \$100

**2 year olds boys & girls:** Must be able to be in class without a parent. Child must be able to sit and wait for their turn.

Tuesdays, 10:30 – 11:20 am or 4:00 – 4:50 pm

Thursdays, 4:00 – 4:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

### 3-4 year olds boys & girls:

Tuesdays, 10:30 – 11:20 am, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Thursdays, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

### 4-5 year olds boys & girls:

Tuesdays or Thursdays, 4:00 – 4:50 pm,

5:00 – 5:50 pm or 6:00 – 6:50 pm

Saturdays, 9:00 – 9:50 am, 10:00 – 10:50 am or 11:00 – 11:50 am

### 3-4 year olds boys only:

 Sweatpants/shorts & t-shirt.

Tuesdays or Thursdays, 4:00 – 4:50 pm or 5:00 – 5:50 pm

Saturdays, 9:00 – 9:50 am or 10:00 – 10:50 am

### 5-6 year olds boys only:

 Sweatpants/shorts & t-shirt.

Tuesdays, 5:00 – 5:50 pm or 6:00 – 6:50 pm

Thursdays, 4:00-4:50 pm, 5:00 – 5:50 pm or 6:00 – 6:50 pm



## Gymnastics Session Dates

**Session 3:** Jan. 10 – March 6

Registration: Begins Dec. 1

**Session 4:** March 7 – May 8

(no classes April 7, 9 & 11)

Registration: Begins Feb. 15

## Progressive Gymnastics *ages 6-12*

Our Gymnastics program is based on YMCA, USA Gymnastics, and AAU skill evaluations. Students will learn different skills at each level and will build upon them progressively. Children **MUST** be six to enroll in Progressive class.

MEM: \$85 PRO: \$110



**Girls Progressive 1:** Children who have never taken gymnastics before.

Tuesdays, 4:00 – 5:00 pm, 5:00 – 6:00 pm

Thursdays, 4:00 – 5:00 pm, 6:00 – 7:00 pm

Saturdays, 9:00 – 10:00 am, 10:05 – 11:05 am  
11:10 am – 12:10 pm

**Girls Progressive 2:** Must be able to do a cartwheel, backward roll, handstand and bridge.

Tuesdays, 4:00 – 5:00 pm, 5:00 – 6:00 pm  
6:00 – 7:00 pm

Thursdays, 4:00 – 5:00 pm or

5:00 – 6:00 pm

Saturdays, 10:10 – 11:10 am or  
11:15 am – 12:15 pm