

# Gymnastics: Specialty Classes & Events

## Combo Classes

**Parent-n-Me *coed ages 6-24 months*:** This class is designed for parent and child to explore the world of gymnastics. Working on hand eye coordination, balance, flexibility and building the parent child bond.

Tuesdays, 9:00 – 9:50 am

MEM: \$70 PRO: \$100

**Gym-n-Swim Combo *coed ages 3-5*:** This unique program combines 30 mins of gymnastics and 30 mins of pike level swim lessons. Please wear swim suit to class.

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

MEM: \$90 PRO: \$120

**Gym-n-Dance *coed ages 3-5*:** Dance is a very important part of gymnastics. This class will combine 30 minutes of gymnastics with 30 minutes of beginning ballet. Please wear a leotard and ballet shoes to class.

Tuesdays or Thursdays, 3:35 – 4:40 pm

Saturdays, 11:30 am – 12:30 pm or 12:00 – 1:00 pm

MEM: \$95 PRO: \$125

**Fit Blast *coed ages 6-8*:** Come and have a blast doing fun fitness activities. During 50 minutes of being on the move, children participate in obstacle course races, rope climbing, tumbling, dancing and games. Classes will meet in the gym and will move inside and outside the YMCA. Class will end in the gym.

Tuesdays or Thursdays, 4:00 – 4:50 pm

MEM: \$90 PRO: \$120



## 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



## Gymnastics Team

### Girls Competitive Gymnastics Team:

A place for girls who work hard and have a drive to be the best gymnast that they can be. This program is a year round commitment for parents and gymnasts. Gymnasts must try out to participate on the gymnastics team.

Tuesdays & Thursdays, 5:00 – 7:30 pm