

Gymnastics Program Updates:

Mighty Tots (18 months-2 years old) : Mighty Tot gymnastics is a class designed for 18 months - 2 year olds with the assistance of a parent or guardian. An instructor will lead parent and tot through the simplest forms of gymnastics movement using obstacle courses and other equipment.

Price: \$50 (member) \$100 (non-member)

Pre-Kinder Gym (3-5 years old): The YMCAs early childhood gymnastics classes are a great way for your child to learn body awareness while building a healthy self esteem. Our gymnastics classes teach developmentally appropriate skills with the direct aim of enhancing social behavior, gross motor ability and coordination. Each class includes a mixture of aerobics, stretching and body positioning associated with the proper use of gymnastics equipment.

Price: \$55 (member) \$110 (non-member)

Kinder Gym (5-6 years old): This class is geared toward new students age 5-6 years old, who want to learn the basics of gymnastics. Students practice 2-3 Olympic events during each class, learning gymnastics skills in a safe, progressive, non-competitive environment. Our gymnastics program is a fun way for girls and boys to progressively learn gymnastics while gaining confidence, coordination, flexibility, and strength. Most beginning students will spend 2-4 sessions in our Beginner class prior to advancing to Level 1. Discuss with coaches when your child is ready to move up to the next level.

Price: \$60 (member) \$120 (non-member)

Level 1 (Ages 7+): This class is geared toward new students ages 7-11 years old, who want to learn the basics of gymnastics. Students practice 2-3 Olympic events during each class, learning gymnastics skills in a safe, progressive, non-competitive environment. Our gymnastics program is a fun way for girls and boys to progressively learn gymnastics while gaining confidence, coordination, flexibility, and strength. Most beginning students will spend 2-4 sessions in our Level 1 class prior to advancing to Level 2. Participants can expect to learn skills associated with USAG Level 1. Discuss with coaches when your child is ready to move up to the next level.

Price: \$60 (member) \$120 (non-member)

Level 2 (Ages 8+): This class is geared toward new students ages 8-13 years old, who want have advanced past Level 1 of gymnastics. Students practice 2-3 Olympic events during each class, learning gymnastics skills in a safe, progressive, non-competitive environment. Our gymnastics program is a fun way for girls and boys to progressively learn gymnastics while gaining confidence, coordination, flexibility, and strength. Most students will spend 2-4 sessions in our Level 2 class prior to advancing to Level 3 Gymnastics. Participants can expect to learn skills associated with USAG Level 1 & 2. Discuss with coaches when your child is ready to move up to the next level.

Price: \$60 (member) \$120 (non-member)

Level 3 (Ages 9+): This class is geared toward new students ages 9-15 years old, who want have advanced past Level 2 of gymnastics. Students practice 2-3 Olympic events during each class, learning gymnastics skills in a safe, progressive, non-competitive environment. Our gymnastics program is a fun way for girls and boys to progressively learn gymnastics while gaining confidence, coordination, flexibility, and strength. Participants can expect to learn skills associated with USAG Level 3. Discuss with coaches when your child is ready to move up to the next level.

Price: \$75 (member) \$150 (non-member)