



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH COUNTY FAMILY YMCA KIDS FITNESS & GYMNASTICS CLASSES

Sept 3-May 20 2019

Registration open

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Gym used by Daycare	Gym used by Daycare	9:00 - 9:45 am Bouncing Bears Tumbling Teddies Cartwheeling Cubs
					9:50-10:35am Bouncing Bears Tumbling Teddies Progressing Pandas
9:45-10:30am Tumbling Teddies		9:45-10:30am Bouncing bears	10:00-10:30am Wiggle worm		10:45 - 11:40 am Rollers Swingers Gliders Kippers/Flyers
10:30-11:25 Homeschool gymnastics class New	10:30 am - 12:00 pm Preschool Playtime	10:30-12:00 Homeschool & Preschool Playtime	10:30-12:00 Preschool Playtime	10:30 am - 12:00 pm Preschool Playtime	
5:00-5:30 Intro to gymnastics					
5:00 - 5:45 pm Tumbling Teddies Tumbling Teddies Cartwheeling cubs	4:45 - 9:00 pm TWISTERS GYMNASTICS TEAMS	5:00-5:45 Tumbling Teddies	4:45 - 9:00 pm TWISTERS GYMNASTICS TEAMS		11:45 am - 2:15pm TWISTERS GYMNASTICS TEAM
6:00 - 6:45 pm Bouncing Bears Tumbling Teddies Cartwheeling cub		5:00 - 5:55 pm Rollers Rollers Swingers		5:00 - 5:55 pm PRE-TEAM GYMNASTICS Team Gymnastics	11:45 am - 2:15pm TWISTERS GYMNASTICS TEAM
6:00 - 6:55 pm Rollers Tiny Team		6:00- 6:45 pm Bouncing Bears Tumbling Teddies Cartwheeling cubs TWISTERS TINY TEAM			<u>Sunday</u>
7:00 - 7:55 pm Rollers Swingers Gliders Boys Tumbling / Conditioning		7:00-7:55pm Cheer Team 7:00-8:00 Pre-Team			12:00-3:00 Cheer team
8:00 - 8:55 pm Teen Tumbling Teen Gymnastics					3:00-6:00pm Gymnastics Team

If you are new to our program the Tumbling Teddies, Cartwheeling Cubs, Progressing Pandas, Swingers, Kippers, Flyers & Team require a PHONE CONSULTATION with our Gymnastics & Dance Director, Joan (314) 849-4668, Ext 236 BEFORE you register to ensure that your child is placed in the appropriate class and level. Classes fill up fast so please register early. If class is full, please ask to be placed on a waiting list.

Gymnastics Class Prices

30-minute class: Members pay only \$20- Public \$40 Monthly
45-minute class: Members pay only \$26 - Public \$50 Monthly
55-minute class: Members pay only \$28 - Public \$4 Monthly
Preschool Playtime: Members Pay 0-Public pays \$6

Revised 07/24/2018

**SOUTH COUNTY FAMILY YMCA
KIDS FITNESS & GYMNASTICS CLASS DESCRIPTIONS**

Class	Description
Preschool Playtime	(90 minutes) (Ages 0-6) Bring your children in for parent-supervised fun in our Children's Center. Y-Members: FREE Non-members: \$6 per family (Parents must remain with children at all times) Please sign waiver to keep on file at the YMCA.
Wiggly Worms	(30 min) (walker - 36 months) Parent/Child Class where the participants will be introduced to gymnastics skill, in a fun environment.
Intro. to Gymnastics	(30 min.) (2-3 year olds) No parent participation. Child must be able to separate from parent.
Bouncing Bears	(45 min, 6:1 ratio) (Beginner, 3-5 yrs.) This class is for children wanting to learn basic gymnastics skills such as body positions, forward rolls, walking on the balance beam and more. Develop strength & body balance control
Tumbling Teddies	(45 min, 6:1 ratio) (intermediate, 3-5 years) This class is designed for gymnasts to continue their basic gymnastics skills, as well as progress to more challenging skills. Gymnast must be able to do forward rolls and walk forward on the balance beam unassisted, and front support on bars to register for this class.
Cartwheeling Cubs	(45 min, 6:1 ratio) (advanced, 3-5 years) This class is for gymnasts who want to continue their progression of gymnastics. Gymnast must be able to do strong front support, controlled forward roll dismount and 3 casts with hips off bar. Straddle roll and basic cartwheel on floor to register for this class.
Progressing Pandas	(45 min, 6:1 ratio) (advanced, 3-5 years) This class is designed for gymnasts that would like to continue their progression of gymnastics through more challenging skills and techniques. Gymnast must be able to do pullover with a slight spot, straddle roll and backward roll. Advancement would continue until child reaches the age of 6 and is ready to move on
Rollers	(55 min, 8:1 ratio) (ages 6 and up) No experience necessary. Rollers is a beginning developmental class, which will lay the foundation on which all other progressive gymnastics skills required to move to swingers.
Swingers	(55 min, 8:1 ratio) (ages 6 & up) Gymnast must be able to do a controlled front support roll down on bars, walk unassisted forward, backward and sideways on beam and forward, straddle and backward rolls to stand on floor.
Gliders	(55 min, 10-1 ratio) (ages 6 and up) Gymnast must complete swingers and have permission to move up to gliders. Gymnast must be able to do pullover and back hip circle (with slight spot), round-off, handstand and backbend on floor, walk on toes releve' forward and backward on medium beam, lever to "T" on low beam. No on-line sign up. No on-line sign up due to class restrictions.
Kippers	(55 min, 8:1 ratio) (ages 6 and up) Gymnast must be able to do pullover and back hip circle, proper round-off, handstand hold and backbend/pull-up on floor, walk on toes releve' forward and backward on High beam, lever to "T" on low beam. Must have completed Gliders and have permission from Instructor. No on-line sign up
Flyers	(55 min, 8:1 ratio)(ages 6 and up) Gymnast must be able to do pullover (no spot) Back hip circle (no spot), cast straddle dismount on bars, Side handstand from knee on low beam, Forward roll, split leap on medium beam, backbend kick over (no spot on floor), one arm cartwheel
Homeschool classes	Available on request call (314) 849-9622 Ext 236 or email Joan.Bryan@gwymca.org
Boys tumbling/conditioning	(55 min., 8:1 ratio) (ages 6+) Beginner & advanced class. Learn to tumble, build strength, flexibility & balance with other boys. On-line class sign-up available. Classes fill -up fast.
Birthday Parties	Saturday gymnastics Birthday parties and Sunday swim parties
Teen Tumbling/Tumbling 101	(55 min., 10:1 ratio) (ages 12-18) Learn basic tumbling skills Tumbling 101 is a 55 min, (Ages 6-11) Learn basic tumbling and tumbling for cheer skills.
Cheer Team	Please contact Amanda.Wallace@gwymca.org for more information. Evaluations available.
Tiny team, PRE-TEAM GYMNASTICS	By Invitation Only! Email Victoria for more information at Victoria.lemunyon@gwymca.org
TWISTERS GYMNASTICS TEAM	(ages 5-16) Compete at local meets. Email Victoria for more information at victoria.lemunyon@gwymca.org

Questions contact Joan Bryan, Dance & Gymnastics Program Director (314)849-9622 236 or email Joan.bryan@gwymca.org