

2021-2022 CLASS PROGRAMS - (4) 8 WEEK SESSIONS

(1) AUG 23- OCT 16

(2) OCT 18 - DEC 18

(3) JAN 10 - MAR 5

(4) MAR 7- MAY 7

PRESCHOOL GYMNASTICS CLASSES

*30 minute classes: \$96/YMbr or \$136/Nmbr

Tumbling Tots - Ages 18mo - 3 years as of 8/10/2021, **30 minutes**, once per week. **Parent and child** participate in this class with the instructor and work together in a playful, fun atmosphere to develop the child's hand-eye coordination, body awareness, agility and flexibility while learning basic gymnastic skills.

Class Day/Time: Saturday 9:15-9:45am

Lil Tumblers - Ages 3-5 years as of 8/10/2021(preschool-VPK), **30 minutes**, once per week. Class is designed to help boys and girls develop coordination, balance, and body awareness while being introduced to the basic gymnastics skills.

Class Day/Time: Monday 5:00-5:30pm
Thursday 5:30-6:00pm

Wednesday 9:15-9:45am
Saturday 10:00-10:30am

SCHOOL-AGE GYMNASTICS CLASSES

*45 minute classes: \$116/YMbr or \$156/Nmbr

*60 minute classes: \$128/YMbr or \$168/Nmbr

Beginner Gymnastics - Ages 5-6 years as of 8/10/2021(grades K-1), **45 minutes**, once per week. These classes are structured to teach girls & boys basic gymnastics instruction with proper progressions and skills on all gymnastics events. The focus is on building strength, coordination, and self esteem.

Class Day/Time: Monday 4:15-5:00, 5:30-6:15, 6:15-7:00pm Thursday 5:15-6:00, 6:00-6:45pm

Beginner Gymnastics - Ages 7-10 years as of 8/10/2021, **60 minutes**, once per week. Class is slightly longer for older children with the same structure to teach girls & boys basic gymnastics instruction with proper progressions and skills on all gymnastics events. The focus is on building strength, coordination, and self esteem.

Class Day/Time: Monday 5:00-6:00pm Thursday 4:30-5:30

Intermediate Gymnastics - Ages 6-7 years & 8-12 years as of 8/10/2021, **60 minutes**, once per week. These classes are structured to teach girls & boys with prior gymnastics experience, challenging them to learn more advanced gymnastics skills.

Class Day/Time: **6-7years** Monday 4:00-5:00pm Thursday 4:00-5:00pm
Class Day/Time: **8-12years** Monday 6:15-7:15pm Thursday 6:00-7:00pm

***General Gymnastics (NEW)** - Ages 6-10 years, as of 8/10/2021, **60 minutes**, once per week. This class focuses on basic gymnastics instructions with an introduction to trampoline (T&T). Participants will learn skill progressions through obstacle course and station set ups on vault, bars, beam, and floor. ***Socks required for trampoline portion of class.**

Class Day/Time: Saturday 10:45-11:45am

Trampoline & Tumbling (T&T) - Ages 5-9, as of 8/10/2021, **45 minutes**, once per week. Trampoline & Tumbling class introduces participants to proper jumping skills and technique to learn special awareness on the double-mini trampoline and tumble track. Beginner tumbling skills are also trained on the floor. ***Socks required.**

Class Day/Time: Saturday 11:45am-12:30pm

INVITE ONLY CLASSES & PROGRAMS

Advanced PT1 & PT2: By invite only, this is our **Pre-team** group who have competitive level 1-3 skills. Pre-team will practice 1 or 2 days per week for 90 minutes. Fees are monthly and run from August 2021-May 2022. Call the office for skill details.

Class Day/Time: **PT1** Mondays 4:00-5:30pm or **PT2** Mondays & Thursdays 4:00-5:30pm

Competitive Gymnastics Team: By invite only, Team is a year-round commitment and gymnasts must possess specific skill requirements to be placed on team. Practices are 3 days/week and range from 6-10 hours/week depending on the level. Skill evaluations & try-outs are offered in the spring for the next competitive season or call the office at 941-375-9121 for details.

GYMNASTICS OFFICE (941) 375-9121 or Dkotti@ymcaswfl.org