



2022-2023 CLASS PROGRAMS

(4) 8-WEEK SESSIONS: (1) AUG 29- OCT 22 (2) OCT 24 - DEC 23
(3) JAN 16- MAR 11 (4) MAR 20- MAY 13

PRESCHOOL GYMNASTICS CLASSES

*30 minute classes: \$112/YMbr or \$148/Nmbr

PARENT & TOT - The parent is hands-on with their child in this class along with instructor. Classes are organized and structured in a fun, playful atmosphere to develop the child's hand-eye coordination, body awareness, and balance while being introduced to basic gymnastic skills. *Please note the parent to child ratio is 1:1, multiple siblings will require an additional adult during class instruction.*

Class Day/Time: 18mo-3 years (30min) Saturday 9:30-10am

TUMBLING TOTS - Class is for preschoolers - VPK boys and girls to help develop coordination, balance, strength, and body awareness while being introduced to the basic gymnastics skills.

Class Day/Time: 3-5 years (30min) Monday 4:45-5:15pm, 6:15-6:45pm Thursday 5:15-5:45pm
Saturday 10:15-10:45am

SCHOOL-AGE GYMNASTICS CLASSES

*45 minute classes: \$128/YMbr or \$164/Nmbr
*60 minute classes: \$144/YMbr or \$178/Nmbr
*75 minute classes: \$160/YMbr or \$194/Nmbr

BEGINNER GYMNASTICS - Classes are structured to introduce basic gymnastics skills with proper progressions to boys & girls on all gymnastics events. We also focus on building strength, coordination, and confidence with positive re-enforcement.

Class Day/Time: 5-6 years (45min) Mondays 4:15-5pm, 5:15-6pm Thursdays 4:15-5pm
Class Day/Time: 7-9 years (60min) Mondays 5-6pm Thursdays 4-5pm, 6-7pm
Class Day/Time: 10-12 years (60min) Mondays 6-7pm Thursdays 5-6pm

INTERMEDIATE GYMNASTICS - Classes are structured to teach boys & girls with prior gymnastics experience and must have mastered specific skills on each event in order to introduce more advanced gymnastics skills. We also focus on building strength, coordination, and confidence with positive re-enforcement.

Class Day/Time: 5-6 years (45min) Mondays 4:15-5pm Thursdays 5-5:45pm
Class Day/Time: 7-9 years (60min) Mondays 5-6pm Thursdays 4-5pm
Class Day/Time: 10-12 years (60min) Mondays 6-7pm Thursdays 6-7pm

ADVANCED GYMNASTICS - By invitation only, participants who have been evaluated and have mastered all the intermediate class level skills on all events will be introduced to competitive skills and choreography from the Development Team Levels 1-2. Participants in this class are invited to try-out for our competitive gymnastics team in the spring.

Class Day/Time: 5-10 years (75min) Thursdays 5:30-6:45pm

GENERAL GYMNASTICS - This class focuses on basic gymnastics instructions with an introduction to trampoline (T&T). Participants will learn skill progressions through obstacle courses and station set ups on vault, bars, beam, and floor.

Class Day/Time: 8-12 years (45min) Mondays 6:15-7pm Saturday 11-11:45am

TODDLER OPEN PLAY - Ages 1-5 years (VPK only). On the 1st Friday of each Monday, parents & toddlers have an opportunity to spend time together in an open-play, non-instructional environment. Children experience physical, cognitive, and social development through fun-themed obstacle courses and stations on the floor, bars, beams, trampolines, and the in-ground foam pit. Pre-registration is required. Cost: \$8 Ymbr / \$12 Nmbr

Class Day/Time: Fridays 9:30-11am Sept 2, Oct 7, Nov 4, Dec 2, *Jan 13, Feb 3, Mar 3, *April 21, May 5

FRIDAY NIGHT FLIPS OPEN GYM - Grades K-5th, One Friday a month, everyone is welcome to participate in our open gym to try something new, work on skills learned in class or just to have fun with friends. All events are open along with the trampolines, cargo climbing net and in-ground foam pit. Pre-registration is required. Cost: \$20 Ymbr / \$25 Nmbr

Class Day/Time: Fridays 7-9pm Sept 16, Oct 21, Nov 11, Dec 16, Jan 20, Feb 17, Mar 24, April 24, May 5

**Register now in-person or online, for more information
Call 941.375.9121 or proshop@ymcaswfl.org**