



2023-2024 CLASS PROGRAMS

(4) 8-WEEK SESSIONS: (1) AUG 28 – OCT 21 (2) OCT 23 – DEC 23
(3) JAN 15 – MAR 9 (4) MAR 18 – MAY 11

PRESCHOOL GYMNASTICS CLASSES

*30 minute classes: \$124/YMbr or \$160/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. *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)** Wednesday 9:30-10am Saturday 10:45-11:15am

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, 5:30-6pm Thursday 4:30-5pm, 5:15-5:45pm
Saturday 10-10:30am

SCHOOL-AGE GYMNASTICS CLASSES

*45 minute classes: \$140/YMbr or \$176/Nmbr

*60 minute classes: \$156/YMbr or \$192/Nmbr

*75 minute classes: \$170/YMbr or \$202/Nmbr

NEW PROGRAM: ROCK CLIMBING CLASS - This class is designed to develop better climbing skills and techniques for all ages. Class focuses on learning basic climbing, hand and foot work, body positioning, safety and terminology. Classes are taught by a certified, experienced climber. Class is 60 minutes.

Class Day/Time: **7-9 years** Thursday 4-5pm **9-11 years** Thursday 5-6pm **12-14 years** Thursday 6-7pm

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 4:15-5, 6:15-7pm Thursdays 4:30-5:15, 5:30-6:15pm
Class Day/Time: **7-9 years (60min)** Mondays 4-5pm, 5-6pm Thursdays 5:15-6:15pm
Class Day/Time: **10-12 years (60min)** Mondays 6:15-7:15pm

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. *Participant must meet skill requirements to be promoted to intermediate.*

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

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: **8-11 years (75min)** Monday 6:15-7:30pm

TODDLER OPEN PLAY - Ages 1-5 years (VPK only). On the 1st Friday of each month, 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: \$10 Ymbr / \$14 Nmbr**

Class Day/Time: **Fridays 9:30-11am** *Sept 8, Oct 6, Nov 3, Dec 1, *Jan 19, Feb 2, Mar 1, April 5, May 3

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 22, Oct 20, Nov 10, Dec 15, Jan 19, Feb 16, Mar 22, April 12, May 10

Register now in-person or online, for more information

Call 941.375.9121 or proshop@ymcaswfl.org