

## YMCA West

Gymnastics,  
Tumbling, and  
Dance Center



### *Progressive Classes*

*\*Progressive Tumbling*  
*\*Progressive Dance*

833-5186 -Gymnastics Center  
833-2129—YMCA

Class Times	Monday	Tuesday	Wednesday	Thursday	Saturday	Class Times
3:30-4:30	Level 1 Gym	Level 3 Gym	Pre K Tumbling (Day Care)	Level 2 Gym	Rumble Tumble	9:00-9:30
3:45-5:15	Pre Team		Pre Team			
3:45-6:15	Twisters		Twisters	Twisters	Rumble Tumble	9:30-10:00
4:00-4:30		Levels 1 & 2 Tap				
4:30-5:00					Pre K Tumbling	10:00-11:00
5:00-6:00	Pre K Tumbling	Level 2 Gym	Level 1 Gym	Hip Hop		
5:30-6:00	Levels 1 & 2 Jazz/Ballet				Level 1 Gym Athletic Sports	11:00-12:00
5:00-7:00	Starz		Starz			
6:00-7:00	Cheer Tumbling Class	Open Gym	Level 1 Cheerleading	Level 3 Gym	Open Gym	12:00-1:00

## YMCA West

Our progressive tumbling, gymnastics, and dance classes offer an opportunity for children learn skills that will prepare them for competitive teams. In these classes, students not only fine tune their motor skills, they gain confidence and self-assurance that will help them grow as individuals.



## *Fees for Progressive Classes*

### Tumbling/Gymnastics

#### Levels 1—4

\*All Classes are 60 minutes long.

#### Pre Team

\*Class is 1 hour and 30 minutes long.

#### Cheerleading and Cheer Tumbling

\*Both classes are 60 minutes long.

### Dance Classes

#### Levels 1 & 2 Jazz/Ballet and Levels 1 & 2 Tap

\*Both classes are 30 minutes long.

#### Hip Hop

\*Class is 60 minutes long.

### Fees for Progressive Classes:

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<b>1st Child</b>		
(1 class / week)	\$56	\$114
<b>1st Child</b>		
(Each add. Class / week)	\$14	\$29
<b>2nd Child</b>		
(1 class / week)	\$46	\$94
<b>2nd Child</b>		
(Each add. Class / week)	\$14	\$29
<b>OPEN GYM</b>	\$3	\$5

# YGYMNASTICS™

We build strong kids, strong families, strong communities.

**Rumble Tumble:** This class is part of our first class baby program. Walkers up to age 3 will participate with their parents in our themed sessions. Your child will have fun learning basic tumbling skills socializing, and jumping on our tumble track!

**Pre-K Tumbling:** Basic tumbling skills including, front rolls, straddle rolls, crab walks, elementary balance and coordination skills. Trampoline beam and bars will also be used. Perfect for those energetic tumblers ages 3, 4 and 5.

**Level 1:** Working on skills such as back rolls, back straddle rolls, cartwheels, handstands, bridges and dive rolls. Trampoline, beam, bars and vault will also be used. Beginners ages 6 and above, but not limited to. (If a 3-5 year old can pass, they will be moved into level one.)

**Level 2:** Perfecting the skills required in Level 1 and learning control on more advanced skills handstand rolls, front and back roll step outs, and handstand bridges. Must be able to do cartwheels and round offs. Trampoline, beam, bars, and vault will also be used.

**Level 3:** A combination of learning the graceful art of tumbling and gaining power for more difficult skills. Concentrating on back and front walkovers. Must be beginning back handsprings. Trampoline, beam, bars and vault will also be used.

**Level 4:** Tumblers will learn standing back handsprings, round off back handsprings and gain the power to do multiple back handsprings. Level 4 will focus on the form and strength needed to perform these skills. More advanced trampoline, beam, bars and vault will be added.

**Pre Team:** The goal of Pre Team is to prepare athletes that are wanting to eventually participate on one of the competitive teams. Class is extended an extra half hour to prepare athletes for the

longer practice times of competitive teams. Participants wanting to participate in this class and progress to the gymnastics team or tumbling team must be evaluated by a team coach. Pre Team will teach the skills needed to become a competitive team member. There will also be a strong focus on conditioning and flexibility.

**Boys Athletic Sports:** Strength training for boys ages 6 and above through the use of gymnastics equipment. Gymnastics skills and body awareness are taught through the use of parallel bars, rings, vault and floor equipment.

**Dance 101:** Dance education provides opportunities for body awareness, alignment, physical expression and creativity. The dance student will learn a progression of techniques and terminology through tap, jazz, ballet and Hip Hop.

**Cheerleading:** Level one cheerleading is intended for beginning tumblers that are interested in learning cheerleading skills. Our cheerleading class is led by a former WIU Cheerleader, Holly Wayland.

**Cheer Tumbling:** If you are a current cheerleader or a former cheerleader and want to perfect or keep your tumbling skills, this is the class for you! Must have at least a back handspring with minimal spot.

**Private Lessons & Semi- Private Lessons:** One and two person sessions that will be arranged between the instructor and the parent after you have been placed with an instructor. There are seven, 50 minute lessons.

**Yoga Youth** (ages 8-13) Learn basic Yoga poses and improve your strength and flexibility. Held in The Studio at main YMCA. Fee: Non-member \$52.50; Y member \$21.