

YMCA West

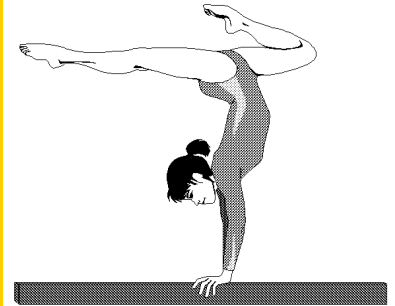
Our progressive tumbling, gymnastics, and dance classes offer an opportunity for children learn skills that will prepare them for competitive teams. In these classes, students not only fine tune their motor skills, they gain confidence and self-assurance that will help them grow as individuals.



| Class Times | Monday | Tuesday | Wednesday | Thursday | Saturday | Class Times |
|-------------|-----------------------------|----------|------------------------------|---------------|---------------|-------------|
| 9:30-10:00 | | | | Rumble Tumble | Rumble Tumble | 9:00-9:30 |
| 9:00-11:00 | Starz | | Starz | | Rumble Tumble | 9:30-10:00 |
| 9:00-10:00 | | Level 3 | | | Pre-K | 10:00-11:00 |
| 10:00-12:00 | Twisters/Pre Team(10-11:30) | Twisters | Twisters/Pre Team (10-11:30) | | Level 1 | 11:00-12:00 |
| 10:00-11:00 | | Level 1 | | Pre-K | Open Gym | 12:00-1:00 |
| 11:00-12:00 | Level 2 | Pre-K | Level 2 | Level 1 | | |
| 12:00-1:00 | Athletic Sports | | Open Gym | Level 3 | | |

YMCA West

Gymnastics,
Tumbling, and
Dance Center



Progressive Classes

**Progressive Tumbling*
**Progressive Dance*

833-5186 –Gymnastics Center
833-2129—YMCA

Fees for Progressive Classes

Tumbling/Gymnastics

Levels 1—4

*All Classes are 60 minutes long.

Pre Team

*Class is 1 hour and 30 min. long.

Dance Classes

Dance 101—60 Min Class

*Taught one day per week for seven weeks.

Fees for Progressive Classes:

| | Y Mem. | Non Mem |
|--------------------------|--------|---------|
| 1st Child | | |
| (1 class / week) | \$56 | \$114 |
| 1st Child | | |
| (Each add. Class / week) | \$14 | \$29 |
| 2nd Child | | |
| (1 class / week) | \$46 | \$94 |
| 2nd Child | | |
| (Each add. Class / week) | \$14 | \$29 |
| OPEN GYM | \$3 | \$5 |

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 walk over's. 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. For questions regarding pre team, Starz (Tumbling Team), or Twist-ers (Gymnastics Team), contact Abbie or Cori at the Gymnastics center.

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.

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: \$50 (Y member \$20)