



Gymnastics Fall Programming 2023

Pre-School Gymnastic Program (Ages 17 months- 5 years)

- Little Bugs
 - Member: \$90 Public: \$105
 - This class focuses on parental encouragement to help their child explore and practice movements that develop locomotor skills, body awareness activities, and hand-eye coordination.
 - This class is held on Tuesdays at 10:00 AM and Saturdays at 9:30 AM
- Mini Bees
 - Member: \$90 Public: \$105
 - Structured gymnastics class for 2–3-year-olds, Instructor-led, but parents are welcome. Classes will have fun, work on social skills/ sharing, and focus on the basics of gymnastics.
 - This class is held on Tuesdays at 10:30 AM, and Thursdays at 5:00 PM
- Toddle Bees
 - Member: \$120 Public: \$135
 - This class is designed for the young gymnast with no experience. Basic gymnastics skills and terms are taught while social skills are emphasized with activities that stress sharing, taking turns, and following directions.
 - This class is held on Tuesdays at 11:00 AM and 5:00 PM, Wednesdays at 9:30 AM, Thursdays at 5:30 PM, and Saturdays at 9:00 AM

Youth Recreational Gymnastics (Ages 4+)

- Beginner Gymnastics
 - Member: \$140 Public: \$160
 - Bars: Jump to front support, and begin pullovers. Beam: Walks, releve and passe holds, straight jumps, levers. Floor: Rolls, begin handstands, and cartwheels. Vault: Jumps, board technique, stick finish.
 - This class is held on Mondays at 4:00 PM & 5:00 PM, Wednesdays at 10:15 AM & 4:30 PM, Thursdays at 6:00 PM, and Saturdays at 9:30 AM & 11:30 AM
- Advanced Beginner Gymnastics
 - Member: \$140 Public: \$160
 - Bars: Puloovers, casts, begin under swing dismounts. Beam: levers, jumps, pivot turns. Floor: cartwheels, handstands, rolls, bridges. Vault: Stick finish, forward rolls to introduce dive rolls.
 - This class is held on Mondays at 4:30 PM, Wednesdays at 5:00 PM, Thursdays at 4:00 PM, and Saturdays at 10:30 AM
- Intermediate Gymnastics
 - Members: \$140 Public: \$160

- Bars: Chin-up pullovers, casts, glides, back hip circles, start stride circles, dismounts. Beam: Side handstand dismounts, handstands, leaps. Floor: Cartwheels, handstands, round-offs, rebounds, bridge kick overs, backbends. Vault: dive rolls, heel drives, begin flat backs on a mat.
- This class is held on Mondays at 5:30 PM, Wednesdays at 5:30 PM, and Saturdays at 11:30 AM
- **Advanced Gymnastics**
 - Members: \$150 Public: \$170
 - Bars: Chin-up pullovers, productive casts, back hip circles, stride circles, dismounts, body positioning, guide swings & kip drills. Beam: mounts, side handstand dismounts on medium beam, handstands, leaps, start cartwheels on low beam. Floor: Round offs, back walkovers, handstand walks, handstand forwards rolls, front walkovers, begin front handsprings and back handsprings. Vault: handstand flatbacks, heel drives on the block, arm circles.
 - This class is held on Mondays and Tuesdays at 6:30 PM
- **Tumbling 1**
 - Members: \$120 Public: \$140
 - This is a beginner class for those with little or no experience. In this class, participants will work on Introductory and progressive tumbling.
 - This class is held on Wednesdays at 6:00 PM, and Saturdays at 12:30 PM
- **Tumbling 2**
 - Members: \$120 Public: \$140
 - Participants must have completed Tumbling 1 or be approved by the gymnastics director. in this class, they will work on front limbers, walkovers, and handsprings.
 - This class is offered On Saturdays at 12:30 PM
- **Tumbling 3**
 - Members: \$120 Public: \$140
 - This is an advanced tumbling class that must be approved by the Gymnastics Director. Participants must have passed Tumbling 2 or have approval prior to registering. In this class, they will work on handsprings, connections, series, and tucks. Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
 - This class is held on Thursdays at 7:30 PM
- **Rings and Swings (Boys Class)**
 - Member: \$140 Public: \$160
 - Improve motor skills, coordination, balance, and build strength. This all-boys class will Introduce boys to beginner gymnastics. They will learn tumbling skills and be introduced to the high bar and rings.
 - This class is held on Tuesdays at 5:30 and 6:30 PM

Competitive Gymnastics

- This team practices year-round and competes throughout the states of Illinois and Missouri in the USAG, AAV, YMCA levels 1-8, and YMCA levels 2-8, Team spirit,

sportsmanship, and self-esteem are emphasized. Registration for this class must be director approved.