



# Gymnastics Spring Programming 2024

## Little Bugs (Tiny Tumbler Parent Child- Ages walking – 2.5)

- Member: \$85 Public: \$110
- Pre- requisite: Walking
- Description
  - Parent Child classes help with social awareness, provide sensory stimulation, increase confidence, promote a healthy lifestyle, and improve mood but, most of all, it allows precious time to be spent with your little one!
  - This class will meet in our pre-school gym (the cycling room on 2nd floor).  
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings:
  - Tuesday 10am
  - Saturday 8:30am and 9:30am

## Mini Bees (Parent child transition class – Ages 2.5 -3.5)

- Member: \$85 Public: \$110
- Pre- requisite: Minimum of 2.5 or promotion from Little Bugs by instructor.
- Description
  - Structured Gymnastics class for 2.5 -3.5-year-olds. Instructor led, but parents are welcome. This class is a transitional class to get your tiny gymnast ready for instructor led class. Classes will have fun, work on social skills/sharing, and focus on the basics of gymnastics.
  - This class will meet in our pre-school gym (the cycling room on 2nd floor).  
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings:
  - Tuesday 10:30am
  - Thursday 5pm
  - Saturday 8:30am

## Toddle Bees (Ages 3-5)

- Member: \$105 Public: \$125
- Pre- requisite: Minimum of 3 or promotion from Mini Bees by instructor.

- Description
  - Ages 3-5 years old. Toddle Bees is our first preschool class that is instructor led. Your child must be ready to participate in a class without their adult. Parents may enjoy 30 quiet minutes to themselves outside the Gymnastics Center while the instructor introduces your toddler to jumps, rolls, bars and beam.
  - This class will meet in our pre-school gym (the cycling room on 2nd floor).  
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings
  - Tuesday 11am and 5pm
  - Wednesday 9:30am
  - Thursday 5:30pm
  - Saturday 8:30am and 9am

## Kinder Beginner (5 Year Olds)

- Member: \$125 Public: \$145
- Pre-requisite: Minimum of 5 years old, approval from director, or promotion from Toddle Bees by instructor.
- Any child under 5 must be approved by Megan Edwards
  - (medwards@springfieldymca.org)
- Description
  - This beginner class serves as a transition from the Pre-K classes to our school age classes.
  - Bars: Jump to front support, begin pullovers  
Beam: Walks, releve and passe holds, straight jumps, levers  
Floor: Rolls, begin hand stands and cartwheels  
Vault: Jumps, board technique, stick finish
- 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.
- Offerings
  - Monday 4pm
  - Wednesday 10:15am
  - Thursday 4pm
  - Saturday 9:30am and 11:30am

## School Age Beginner (6 and up)

- Member: \$125 Public: \$145
- Pre-requisite: Minimum of 6 years old or promotion from Kinder Beginner by instructor.
- Any child under 6 must be approved by Megan Edwards
  - (medwards@springfieldymca.org)
- Description

- Bars: Jump to front support, begin pullovers
- Beam: Walks, releve and passe holds, straight jumps, levers
- Floor: Rolls, begin hand stands and cartwheels
- Vault: Jumps, board technique, stick finish
- 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.
- Offerings
  - Monday 5pm
  - Wednesday 4:30pm
  - Thursday 6pm
  - Saturday 9:30am and 11:30am

## Advanced Beginner (6 and up)

- Member: \$125 Public: \$145
- Pre-requisite: promotion from Beginner or Kinder Beginner by instructor.
- Description
  - Bars: Pullovers, carts, begin under swing dismounts
  - Beams: Levers, jumps, pivot turns
  - Floor: Cartwheels, handstands, rolls, bridges
  - Vault: Stick finish, forward rolls to introduce dive rolls
- 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.
- Offerings
  - Mondays 4:30pm
  - Wednesdays 5:00pm
  - Thursdays 4:00pm
  - Saturdays 10:30am

## Intermediate

- Members: \$125 Public: \$145
- Pre-requisite: promotion from Advanced Beginner by instructor.
- Description
  - Bars: Chin-up pullovers, casts, glides, back hip circles, start stride circles, dismounts
  - Beams: Side handstand dismounts, handstands, leaps
  - Floor: Cartwheels, handstands, round offs, rebounds, bridge kick overs, backbends
- 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.
- Vault: Dive rolls, heel dives, begin flat backs on mat
- Offerings

- Mondays at 5:30pm
- Wednesdays at 5:30pm
- Saturdays at 11:30am

## Advanced

- Members: \$135 Public: \$155
- Pre-requisite: Promotion from Intermediate by instructor.
- Description
  - Bars: Chin-up pullovers, productive casts, back hip circles, stride circles, dismounts, body positioning, guide swings and kip drills
  - Beam: Mounts, side handstand dismounts on medium beam, handstands, leaps, start cartwheel low beam
  - Floor: Round offs, back walkovers, handstand walks, handstand forward rolls, front walkovers, begin front handsprings and back handsprings.
- 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.
- Offerings
  - Mondays 6:30pm
  - Tuesdays 6:30pm

## Tumbling 1

- Members: \$120 Public: \$140
- Description
  - This is a beginner class for those with little or no experience. In this class, participants will work on Introductory and progressive tumbling.
- Offerings
  - Wednesdays 6:00pm
  - Saturdays 12:30pm

## Tumbling 2

- Members: \$120 Public: \$140
- Prerequisite: participants must have completed Tumbling 1 or be approved by the gymnastics director.
- Description
  - In this class, they will work on front limbers, walkovers, and handsprings.
- Offerings
  - Saturdays at 12:30pm

## Tumbling 3

- Members: \$120 Public: \$140
- Prerequisite: participants must have completed Tumbling 2 or be approved by the gymnastics director.

- Description
  - In this class, they will work on handsprings, connections, series and tucks.
- Offerings
  - Thursdays at 7:30pm

## Rings and Swings

- Member: \$125 Public: \$145
- Prerequisite: successful completion of Advanced Beginner and a minimum of 6 years old.
- MUST BE DIRECTOR APPROVED; only the Director can register your child for this program after you have spoken with her.
- Description
  - Improve motor skills, coordination and 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. MUST BE DIRECTOR APPROVED.
- 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.
- Offerings
  - Tuesdays 5:30pm and 6:30pm

## 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.