

GYMNASTICS

We build strong kids, strong families, strong communities.

The Green County Family YMCA Gymnastics Center aids in your child's physical, mental and social development. Our objective is to provide children with safe, positive and fun learning experiences! We aim to build strength, flexibility, endurance, coordination and self-confidence while having fun with the sport of gymnastics. We provide an opportunity for the children of our community to participate, learn and enjoy the skills of gymnastics in a safe, wholesome, family-friendly environment.

FAMILY MOVEMENT EXPLORATION (Ages 1-2)

Swinging, hanging, climbing, music, running, exploring and more! Parent participation required.

Thursday 10:30-11:00 am

Y-members - \$21.00

Non-members - \$64.00

PARENT & TOT (Ages 2-3)

Parent and tot gymnastics classes is an introduction to all gymnastics equipment. Children work fine and gross motor skills with lots of parent assistance. Stations and lessons are developed by our KAT (Kinder Accreditation Teaching) instructors. The focus is on having fun with exercise and developing confidence.

Wednesday 10:00-10:30 am

Y-members - \$21.00

Non-members - \$64.00

ROLLERS (Ages 3-5)

Rollers class carries over the same level of movement and learning skills that are built in our Parent and Tot class, but without mom or dad.

Thursday 4:00-4:30 pm

Y-members - \$21.00

Non-members - \$64.00

FLIP & FLOAT (Ages 3-5)

Flip & Float is a preschool program that spends a half hour in the gymnastics center working on fine and gross motor skills, flexibility, and basic tumbling skills. The next half hour is spent in the pool with minimum time for lessons, but maximum time for fun with woggles, jugs, slides, basketballs, rings, etc.

Tuesday

4:00-4:30 pm (gym)

4:30-5:00 pm (pool)

Y-members - \$28.00

Non-members - \$57.00

Thursday

10:00-10:30 am (gym)

10:30-11:00 am (pool)

SWINGERS (Ages 4½-6)

Swingers is the advanced level of our preschool program. Participants will work on fine and gross motor skills, strength, flexibility and basic tumbling and apparatus work.

Tuesday/Thursday 4:30-5:30 pm

Y-members - \$50.40

Non-members - \$152.20

LEVEL 1 GYMNASTICS (Ages 7 & up)

Level 1 gymnastics class participants will learn basic tumbling and equipment skills with the use of mats, wedges, beams, bars, and springboards. The classes are designed to begin the development of fine and gross motor skills, strength, flexibility, basic tumbling and equipment skills.

Tuesday/Thursday 4:30-5:30 pm

Y-members - \$50.40

Non-members - \$152.20

LEVEL 2 GYMNASTICS (Ages 7 & up)

Level 2 gymnastics classes focus on progressive gymnastics skills by building on skills previously mastered in Level 1. Participants in this class learn intermediate tumbling and equipment skills. The classes are designed to further develop fine and gross motor skills, strength, flexibility and balance.

Tuesday/Thursday 5:30-6:30 pm

Y-members - \$50.40

Non-members - \$152.20

LEVEL 3 GYMNASTICS (Ages 7 & up)

Level 3 class teaches advanced tumbling and equipment skills with emphasis on progressive skills leading to competitive level gymnastics. The gymnast is introduced to basic dance in the gymnastics setting.

Tuesday/Thursday 5:30-6:30 pm

Y-members - \$50.40

Non-members - \$152.20

LEVEL ADVANCEMENT

Every gymnast is tested throughout each session to ensure they are placed in the class that will be the best fit for them. All gymnasts progress at different rates. If you have any questions regarding your child's placement, please contact our Gymnastics Director, Dawn Lederman.

HOT SHOTS (Ages 5 & up)

Hot Shots is intended for advanced young gymnasts that demonstrate the aptitude and attitude necessary to compete on the Gems Gymnastics Team. Emphasis is placed on proficiency with competitive skills while developing all the intermediate skills, strength and flexibility to progress to the Gems Team.

Tuesday/Thursday 5:30-6:30 pm

Y-members - \$50.40
Non-members - \$152.20

GEMS GYMNASTICS TEAM (Y members only)

The Gems Gymnastics Team offers talented young women a chance to compete in gymnastics meets at the state and national level. Gymnasts in Levels 3-10 can join team. The competitive season runs Jan.-April, with approximately 10 meets on the schedule. Gymnasts compete against other Y's from the state of Wis.

A mandatory meeting for all parents and gymnasts planning on participating on the Gems Team for the 2010-2011 season will be on Monday, August 30th beginning at 6:00 pm in the YMCA's Gymnastics Center. Meet information, fees, apparel, etc. will be discussed.

Levels 3 & 4

Monday/Wednesday 3:45-6:00 pm
Saturday 8:00-10:00 am

Levels 5 & up

Tuesday/Thursday 6:15-8:30 pm
Saturday 10:00-Noon

Y-members only - \$122.50

PRIVATE GYMNASTICS LESSONS

Available to all skill levels and ages. Arrangements must be made through the Gymnastics Director, Dawn Lederman. 45 minute sessions.

Y-members - \$25.00
Non-members - \$50.00

GYMNASTICS PARTIES - Where it's cool to jump on the furniture!

Gymnastics parties for kids are a wonderful way to celebrate special occasions for kids of any age. The Green County Family YMCA makes kids gymnastics parties an experience they will remember for years. Bring a few kids or the entire neighborhood. There is enough room for kids to have a blast without collateral damage. But here is the best part...while they are having fun, the kids are getting great exercise.

Gymnastics parties are the best way for kids to have fun, get some exercise and do what they can never do at home...bounce off the walls. At our Gymnastics Parties, kids will find tumble tracks to bounce on, ropes to climb, and obstacle courses to climb through. Gymnastics parties are simply irresistible fun. Come and see what a great time you can have!

Gymnastics Parties for all kinds of occasions.

Here are just a few ideas:

- Birthday Gymnastics Parties
- Holiday Fun Parties
- School Class Parties
- Sports Team Celebrations
- Rainy Day Gymnastics Parties
- Family Outing Gymnastics Parties

Parties are offered on Saturday and Sunday afternoons from 1:00-3:30 pm. Call the YMCA office for reservations

Cost: \$80.00 (includes \$10 refundable deposit)

