



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRETCH YOUR LIMITS

GRAND RIVER AREA FAMILY YMCA Gymnastics Schedule Fall III: November 11 - December 21 (6 Weeks)

Beginner Level Classes

Level 1 (Age 3 - 5 years) - 45 min.

Girls and boys explore basic gymnastic skills with emphasis on self-confidence, following directions, jumping with two feet, forward rolls, and more!
CHILDREN MUST BE POTTY TRAINED!

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|------------------|-----------------------|
| Monday | 5:30 - 6:15 pm |
| Wednesday | 5:30 - 6:15 pm |
| Friday | 5:30 - 6:15 pm |

Fee: \$45 Members / \$67.50 Program Participants

Level 2 (Age 5 - 6 years) - 45 min.

Boys and girls will develop gross motor skills, listening skills, body awareness, and self-confidence while developing basic gymnastics skills, like the backward roll.

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|------------------|-----------------------|
| Tuesday | 5:00 - 5:45 pm |
| Wednesday | 5:00 - 5:45 pm |
| Friday | 5:00 - 5:45 pm |

Fee: \$45 Members / \$67.50 Program Participants

Level 3 (Age 6 - 7 years) - 1 hour

Boys and girls will improve strength, listening skills, body awareness, flexibility, and self-confidence while improving basic skills, such as the cartwheel. At this level, gymnasts practice jumping from one foot to two, swings, rolls, and more!

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|------------------|-----------------------|
| Tuesday | 5:30 - 6:30pm |
| Wednesday | 6:00 - 7:00 pm |

Fee: \$60 Members / \$90 Program Participants

Intermediate Level Classes

Level 4 - Girls (Age 7+years) - 1 hour

First progressive gymnastics class for girls. Gymnasts will improve strength, listening skills, body awareness, flexibility, and self-confidence, while learning basic gymnastics skills including the headstand.

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|-----------------|-----------------------|
| Monday | 5:00 - 6:00 pm |
| Tuesday | 6:00 - 7:00 pm |
| Thursday | 5:00 - 6:00 pm |

Fee: \$66 Members / \$96 Program Participants

Level 4 - Boys (Age 7+ years) - 1 hour

First progressive gymnastics class for boys. Gymnasts will improve strength, listening skills, body awareness, flexibility, and self-confidence, while learning basic gymnastics skills including the headstand.

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|-----------------|-----------------------|
| Thursday | 5:30 - 6:30 pm |
|-----------------|-----------------------|

Fee: \$66 Members / \$96 Program Participants

To receive text alerts concerning gymnastics schedule reminders, changes, and updates, please text @grygymnast to 81010.

Classes will not be held on Thanksgiving.
They will be made up!

Advanced Level Classes

Gymnasts may enter advanced level classes after evaluation and with permission from the Gymnastics Coordinator.

Level 5 - 1 hour 2x / week

Third progressive gymnastics class for girls and boys. At this level, gymnasts learn more advanced gymnastic skills including backbend from standing, cartwheel to handstand on the beam, stride circles on the bar, and more!

Monday & Thursday 6:30 - 7:30 pm

Fee: \$108 Members / \$138 Program Participants

Level 6 - 1.5 hours 2x/week (USAG Levels 1 and 2 Non-Competitive)

Fourth progressive gymnastics class. At this level, boys and girls train twice a week to increase strength and endurance. Gymnasts will learn backbend kick-overs, round-offs, shoot out dismounts, and more! Socks, shoes, and shorts are required.

Monday & Wednesday 5:30 - 7:00 pm

Fee: \$180 Members / \$210 Program Participants

Private Lessons

Our gymnastics coaches offer private lessons for gymnasts wishing to improve their skills. Contact our Welcome Center to schedule your lessons.

Fee for 30 Minutes: \$12.50 for Members / \$25 for Program Participants

Fee for 1 Hour: \$25.00 for Members / \$50.00 for Program Participants

Discounts are available when purchasing 4 or more lessons at one time.

Class times and coaches are subject to change.

Classes may be merged and/or cancelled if there is not a minimum of 3

participants. All gymnasts must meet the gymnastics dress code during every class in order to participate fully. Dress code flyers are available at the Welcome Center.

Team Gymnastics

Aerial Angels (Competitive Team)

Participation in Aerial Angels is by invitation only. Aerial Angels train two to four days each week. Practices include one mile of running, pool conditioning, ballet, and skill training on all artistic gymnastic apparatuses.

Please see the Aerial Angels handbook for required practice hours. In some cases a gymnast's age or body composition may be considered in the calculation of required practice hours. All questions should be directed to Betsy Garcia.

The Aerial Angels must wear their hair in a bun. Aerial Angels fees are per month and are based on the number of practice hours each week. Please see the Welcome Center for details. Aerial Angels participate in competitive meets each year between November and April. Additional meet fees are required.

Gymnasts must be at least 5 years old to be on the competitive team.

Fee: Monthly Class Fees and Additional Meet Fees Apply Based on Age and Competitive Level.

Level 2

Tuesday and Thursday 4:30 - 7:30 pm

Level 4

Monday, Tuesday, & Thursday 4:30 - 7:30 pm

Level 5

Monday, Tuesday, & Thursday 4:30 - 8:30 pm

Excel Gold

Monday, Tuesday, & Thursday 4:30 - 7:30 pm

Roly Poly (Age 9 months - Pre K) - 1 hour

With coach supervision and limited guidance, bond with your little one(s) while teaching the importance of physical activity during this exploratory time.

Thursday 9:00 - 10:00 am

Individual Fee:
\$20 Members / \$36 Program Participants

Family Fee (Up to 3 Children):
\$30 Members / \$47 Program Participants

Tiny Angels (Pre-Team)

Pre-Team is an invitation only class and meets twice a week for a total of 4 hours. It is for gymnasts who have been evaluated out of the Spinners (Level 6) class. The expectations for skill development are higher in this group. Pre-Team gymnasts are expected to consistently perform skills at a high level before being invited to our Aerial Angels competitive team. Pre-Team gives both gymnast and parents an understanding of the commitment and dedication required to be a part of our Aerial Angel competitive team.

Schedule to be Announced

Fee: \$190 Members / \$220 Program Participants

OPEN GYMNASTICS GYM

The gymnastics gym will be open Wednesday evenings from 6:30-7:30 pm for ages 12 and over. The cost is \$5 for Members and \$10 for Program Participants.

