



# YMCA Gymnastics

## March Mini-Session

**March 1 – March 28**

Classes meet once a week for four weeks  
@ the YMCA Gymnastics Center  
730 Colemans Crossing Blvd

### Progressive 1 - Beginner

Wednesdays: 3:10pm – 4:00pm

Wednesdays: 5:10pm – 6:00pm

Fridays: 4:05pm – 4:55pm

Fridays: 6:40pm – 7:30pm

**FEE:** \$60 / YMCA Members \$80 / Non-Members

### Progressive 2 - Intermediate

Wednesdays: 4:05pm – 4:55pm

Wednesdays: 5:20pm – 6:10pm

Fridays: 5:10pm – 6:00pm

Fridays: 7:05pm – 7:55pm

**FEE:** \$60 / YMCA Members \$80 / Non-Members

### Progressive 3 – Advanced

Wednesdays: 6:30pm – 8:00pm

Fridays: 5:00pm – 6:30pm

**FEE:** \$75 / YMCA Members \$95 / Non-Members

### Squeaky Sneakers - Ages 3-5

Wednesdays: 4:15pm – 5:00pm

Wednesdays: 6:15pm – 7:00pm

Fridays: 6:10pm – 6:55pm

**FEE:** \$55 / YMCA Members \$75 / Non-Members

### Advanced Tumbling

Wednesdays: 6:00pm – 6:50pm

**FEE:** \$60 / YMCA Members \$80 / Non-Members

### Boys Gymnastics

Wednesdays: 7:00pm – 7:50pm

**FEE:** \$60 / YMCA Members \$80 / Non-Members

The safety of our staff and your child is our number one priority. With guidance from the CDC, the Union Co. Health Dept., and USA Gymnastics we have taken additional safety measures in the gym. Please enter the building no sooner than 5 minutes prior to your assigned time. We will be doing a health screening for all participants. We will have up to 8 participants per group and up to two groups at a time in the gym maintaining a minimum of 6ft. for social distancing. Participants may have 1 parent/guardian per athlete stay and watch and must wear a mask. Bars and beam will be sprayed after each session. Floors will be vacuumed daily. Landing mats will be mopped between each session. Coaches will be wearing masks and will not be spotting during this phase of opening. Chalk will be available for purchase \$3.00/ 2 oz. brick and may not be shared amongst participants. You may bring your own chalk. Water fountain will not be available.

Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040 \* 937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)  
YMCA Gymnastics Center \* 730 Coleman's Crossing Blvd. \* Marysville, Ohio 43040





# YMCA Gymnastics

Gymnastics is held at 730 Colemans Crossing Blvd., Marysville, Ohio 43040

## Baby Gymnastics: (1 1/2 – 3 year olds)

This class is designed for parents and children. Participants will develop and improve coordination and large motor skills through basic gymnastics. This class will include forward and backward rolls, skipping, jumping, and low balance beam skills.

## Squeaky Sneakers (3-4 year olds)

Children will learn basic gymnastics skills including: forward and backward rolls, cartwheels, balance beam, vault, and bars.

## Progressive I (5 years old & up)

This gymnastics class is for students to become familiar with beginning gymnastics skills on the floor, balance beam, bars, and vault.

## Progressive II (5 years old & up)

This gymnastics class is more advanced in developing USGF (United States Gymnastics Federation) Level 1-3 skills. Successful completion of Progressive I and teacher approval is required.

## Progressive III/ Pre-Team

This gymnastics class is most advanced in developing USGF Level 1-3 skills. Successful completion of Progressive II and teacher approval is required.

## Advanced Tumbling (8 & Up)

Students will work on their tumbling skills including round-offs, back walkovers, back handsprings, front and back tucks, and pikes.

## Team

Gymnasts will compete with other YMCA teams and in exhibition meets. Tryouts and Coach's approval are required. Participants must be YMCA Members.

## Boys Gymnastics (5 & Up – Students younger than 5 should sign up for Squeaky Sneakers)

Students will work on the beginning skills for boys' gymnastics including: floor, rings, parallel bars, high bar, pommel horse, and vault.

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Revised 4/10/2020