



GYMNASTICS AT THE Y!

Classes meet once a week for four weeks following the Y's mini session schedule.
YMCA Gymnastics Center - 730 Colemans Crossing Blvd; Marysville, Ohio 43040

Progressive 1 - Beginner

Mondays: 5:55pm - 6:45pm
Tuesdays: 4:45pm - 5:35pm
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

Tuesdays: 5:40pm - 6:30pm
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

Mondays: 5:00pm - 5:45pm
Wednesdays: 4:15pm - 5:00pm
Wednesdays: 6:15pm - 7:00pm
Fridays: 6:10pm - 6:55pm
FEE: \$55 / YMCA Members \$75 / Non-Members

Baby - Favorite Adult and Child

Mondays: 6:00pm - 6:25pm
Mondays: 6:30pm - 6:55pm
FEE: \$40 / YMCA Members \$60 / Non-Members

Boys Gymnastics

Wednesdays: 7:00pm - 7:50pm
FEE: \$60 / YMCA Members \$80 / Non-Members

Advanced Tumbling

Wednesdays: 6:00pm - 6:50pm
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. 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

YMCA Gymnastics Center * 730 Colemans 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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