

# STRETCH LEARN GROW

UNION COUNTY FAMILY YMCA



## GYMNASTICS AT THE Y!

Classes meet once a week for four weeks following the Y's mini session schedule with the exception of July. In July, there will be two weeks of Gymnastics Camp.

YMCA Gymnastics Center – 730 Colemans Crossing Blvd; Marysville, Ohio 43040

### Progressive 1 – Beginner

**Mondays: 5:55pm – 6:45pm**  
**Tuesdays: 4:45pm – 5:35pm**  
**Tuesdays: 6:40pm – 7:30pm**  
**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

**Mondays: 6:45pm – 7:35pm**  
**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: 4:30pm – 5:15pm**  
**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**  
**Wednesdays: 5:00pm – 5:25pm**  
**Wednesdays: 5:30pm – 5:55pm**  
**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**

Union County Family YMCA \* 1150 Charles Lane\* Marysville, Ohio 43040 \* 937-303-9285 \* [www.unioncountyyymca.org](http://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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