



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRETCH YOUR LIMITS

## GRAND RIVER AREA FAMILY YMCA

### Gymnastics Schedule

### 2024 Session 3: April 22 - June 15 (8 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!

**Monday** 5:00 - 5:45 pm  
**or Wednesday** 5:00 - 5:45 pm

Fee: \$75 Members / \$100 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.

**Monday or Thursday** 6:00 - 6:45 pm

Fee: \$75 Members / \$100 Program Participants

##### Level 3 (Age 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!

**Tuesday or** 5:00 - 6:00 pm  
**Tuesday or Wednesday** 6:00 - 7:00 pm

Fee: \$95 Members / \$135 Program Participants

##### Tumbling (Girls Age 9 - 16) - 1 hour

Our new tumbling class is designed to help girls learn or master their tumbling skills. We will focus exclusively on the floor, working on cartwheels, back handsprings, and MORE.

**Wednesday** 5:30 - 6:30 pm

Fee: \$100 Members / \$140 Program Participants

**There will be no gymnastics classes on Memorial Day. Classes that meet on Monday will see a price reduction at the time of registration.**

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

## Advanced Level Classes

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

### Level 4 (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.

**Tuesday** **6:00 - 7:00 pm**  
**or Wednesday** **5:00 - 6:00 pm**

Fee: \$100 Members / \$140 Program Participants

### Level 5 - 1.5 hours 1x / week

Second 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** **5:30 - 7:00 pm**

Fee: \$130 Members / \$160 Program Participants

### Pre-Team - 1.5 hours 2x / week

Pre-Team is an invitation only class and meets twice a week for a total of 3 hours. It is for gymnasts who have been evaluated out of the Level 5 class. The expectations for skill development are higher in this group, and Pre-Team gymnasts are expected to consistently perform skills at a high level.

**Monday & Thursday** **5:30 - 7:00 pm**

Fee: \$205 Members / \$235 Program Participants

## 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, conditioning, 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 Kaylee Munson.

Aerial Angels fees are per month and are based on the number of practice hours each week. Please see the gymnastics coordinator 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.

#### Bronze

Tuesday and Thursday 4:30 - 7:30 pm

#### Silver & Gold

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

### 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 a 30 Minute Session:  
\$25 for Members /  
\$40 for Program Participants

Fee for 4 30-Minute Sessions:  
\$80 for Members /  
\$140 for Program Participants.

**Specific coaches cannot be guaranteed.  
Unused lessons expire one year from  
purchase date.**

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.