

Recreational Gymnastics

Requirements and schedule

Ages 5-17: Students are grouped by age and ability. Gymnasts will be evaluated periodically and will progress levels as key skills are learned on the vault, uneven bars, beam, and floor. Recreational athletes may register for one or two days only.

Beginner Gymnastics--

Girls Ages 5-9

One or two days/ week (55 min)

Monday or Wednesday 4:30-5:25

Monday or Wednesday 5:30-6:25

Tuesday or Thursday 3:30-4:25

Teen and Tween Gym

Girls Ages 10-17

Mixed level class for our older athletes who may have experience in Gymnastics or who are just starting out.

One or two days/week (55 min)

Monday or Wednesday 4:30-5:25

Intermediate & Advanced Gym -

Girls Ages 5-17

Intermediate must have cartwheel, round-off, backward roll, and backbend on floor. Pullover on bars. Basic walks and jumps on beam.

Advanced must have all Intermediate requirements, backwalkover, and spotted back-handspring on floor. Back hip circle on bars. Handstand on beam.

One or two days per week (55 min)

Monday or Wednesday 5:30-6:25

Boys Gymnastics

Boys Ages 5-17

Boys train on the parallel bars, vault, floor exercise, pommel horse, rings, and high bar. Gymnasts also work on developing greater flexibility and strength.

One or two days/week (55 min)

Tuesday or Thursday 3:30-4:25

Competitive Gymnastics

ages 5+

By annual spring try-out/Invitation Only.

Competitive Team and Pre-Team

* Practice as scheduled by director

Recreational Tumbling

Requirements and schedule

Ages 5-17: A progression of skills, drills, and strength training helps athletes develop new tumbling skills. The in-ground tumble trak, foam landing pit, trampoline, and training mats allow for more repetition with minimal stress on the body. Athletes will learn skills tumbling forward, backward, and sideways. 1 or 2 days only

Beginner Tumble

Boys and Girls ages 5-9

One or two day per week (55 min)

Tuesday or Thursday 4:30-5:25

Teen and Tween Beginner Tumble

Boys and Girls ages 10-17

One or two day per week (55 min)

Tuesday or Thursday 5:30-6:25

Intermediate & Advanced Tumble -

Boys and Girls ages 5-17

Intermediate must have round-off, cartwheel, backbend kickover, spotted back handspring, and front limber. **Advanced** must have all Int. skills and round-off back-handspring.

One or two days per week (55 min)

Tuesday or Thursday 5:30-6:25

For the Little Ones

Explore With Me

Boys & Girls Ages Crawling-3 yrs

Parents and toddlers enjoy an open gym style class together. Coaches will set up mazes and let your little one explore all of the fun areas of our Gymnastics facility while making new friends. Pre-registration is *not* required for this class only.

Pay as you go class \$5 per child per class

One day per week (45 min)

Saturday 9:00-9:45am

Preschool Gymnastics

Boys & Girls Ages 3-4 (Must be potty trained)

Students learn basic gymnastics skills and social concepts of taking turns, listening, following directions, and sharing. The objective is to heighten body awareness promote social development, and most importantly to have fun!

One or two days/week (45 min)

Monday or Wednesday 3:45-4:30



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Enrollment Information

School Year enrollment will carry your athlete through May 31, 2019. If you wish to cancel at any time please call the YMCA front desk at 335-7258, speak with your child's coach, or the Gymnastics Director.

\$25 Registration Fee is required upon receipt of Program Agreement.

Enrollment is ongoing year round.

All classes are first come-first served and may fill up. If the class you request is full then your athlete may go on a waiting list until a space opens.

Come by the Hodding Carter Memorial YMCA and fill out a Program Agreement to enroll your child.

For more information please visit our facebook page at:

www.facebook.com/deltaexplosiongymnastics

and our website at:

www.ymahcm.org