

## Rates and Fees

No Reg Fee for Summer

### Y Member Rate Per Month

- \$40 – 1 Class per week
- \$60 – 2 Classes per week
- \$75 – Pre-Team
- \$90 – Competitive Team

### Non-Member Rate Per Month

- \$65 – 1 Class per week
- \$85 – 2 Classes per week
- \$100 – Pre-Team
- \$125 – Competitive Team

### Private Lessons

*\*Must call to schedule*

**\$20 half hour/ \$30 hour**  
*for currently enrolled students.*

**\$30 half hour/ \$40 hour**  
*for non-enrolled.*

*("Group Privates" add \$5 per additional student)*

### Birthday Parties

*\*Must call to schedule*

Available Saturdays  
10:30am or 1:00pm  
and Sunday 1:00pm

Hour and a half of party time.

Extra 30 min \$25: may only be added to  
1:00 party time slot

**Silver Package:** Up to 15 guests  
\$115 Member/ \$140 Non-Member

**Gold Package:** Up to 20 guests  
\$125 Member/ \$150 Non-Member  
20 guest Maximum



### Session Dates and Closings

Session 11: June 3 - 28

Session 12: July 1 - 26

#### Closed:

- Thurs July 4<sup>th</sup>
- Break July 29-August 2
- 2019-2020 School Year Session begins August 5<sup>th</sup>

Registration opens  
April 1 for Y Members and  
April 15 for Non-Members

For more information please  
visit our facebook page at  
[www.facebook.com/  
deltaexplosionsgymnastics](http://www.facebook.com/deltaexplosionsgymnastics)

and our website at  
[www.ymcahcm.org](http://www.ymcahcm.org)

Hodding Carter  
Memorial YMCA

1688 Fairground Rd.  
Greenville MS 38703  
662-335-7258

# Delta Explosion Gymnastics and Tumbling

## SUMMER 2019

### Schedule and Information



## Recreational Gymnastics

### *\*Requirements and schedule*

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.

### Explore With Me

#### **Boys & Girls Ages Crawling-5 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  
Tuesday or Thursday 5:30-6:15

### 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

### 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 4:30-5:25

### 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

## Recreational Tumbling

### *\*Requirements and schedule*

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.

### 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

## Summer Workshops and Clinics

\*If pre-registration does not meet minimum, workshops and clinics will cancel for the week.

### June Gymnastics & Fitness Workshop

Workshops will run from 9am-2pm Mon-Thurs and will include Gymnastics, Dance/Cheer, Strength and Conditioning, Flexibility, and Swimming.

#### **Ages 5-13**

(Students will be grouped by age and ability.)

**\$50 members / \$60 non-members**

May 28-31 (Tu-Fri)

June 10-13

June 24-27

6 student minimum/ 18 student max

### July Skill Clinics

Clinics will focus on a specific skill or skill area.

Tues and Thurs 12:00 - 2:00pm  
(ages 5 and up)

**\$30 members/ \$40 non-members**  
Schedule and Info TBA

**Registration for All Summer Classes and Workshops opens April 1 for Y Members and April 15 for Non-Members**