



Gymnastics Fall 1 Programming 2024

Little Bugs (Tiny Tumbler Parent Child- Ages walking – 2.5)

- Member: \$110 Public: \$130
- Pre- requisite: Walking
- Description
 - Parent Child classes help with social awareness, provide sensory stimulation, increase confidence, promote a healthy lifestyle, and improve mood but, most of all, it allows precious time to be spent with your little one!
 - This class will meet in our pre-school gym (the cycling room on 2nd floor).
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings:
 - Tuesday 10am
 - Wednesday 10am
 - Saturday 9:30am

Mini Bees (Parent child transition class – Ages 2.5 -3.5)

- Member: \$120 Public: \$140
- Pre- requisite: Minimum of 2.5 or promotion from Little Bugs by instructor.
- Description
 - Structured Gymnastics class for 2.5 -3.5-year-olds. Instructor led, but parents are welcome. This class is a transitional class to get your tiny gymnast ready for instructor led class. Classes will have fun, work on social skills/sharing, and focus on the basics of gymnastics.
 - This class will meet in our pre-school gym (the cycling room on 2nd floor).
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings:
 - Tuesday 10:30am
 - Thursday 5pm
 - Saturday 8:30am

Toddle Bees (Ages 3-5)

- Member: \$130 Public: \$150

- Pre- requisite: Minimum of 3 or promotion from Mini Bees by instructor.
- Description
 - Ages 3-5 years old. Toddle Bees is our first preschool class that is instructor led. Your child must be ready to participate in a class without their adult. Parents may enjoy 30 quiet minutes to themselves outside the Gymnastics Center while the instructor introduces your toddler to jumps, rolls, bars and beam.
 - This class will meet in our pre-school gym (the cycling room on 2nd floor).
Directions: Go up staircase across from gymnastics and turn right.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle.
- Offerings
 - Tuesday 11am and 5pm
 - Wednesday 9:30am and 5pm
 - Thursday 5:30pm
 - Saturday 9am

Kinder Beginner (5 Year Olds)

- Member: \$140 Public: \$160
- Pre-requisite: Minimum of 5 years old, approval from director, or promotion from Toddle Bees by instructor.
- Any child under 5 must be approved by Megan Edwards
 - (medwards@springfieldymca.org)
- Description
 - This beginner class serves as a transition from the Pre-K classes to our school age classes.
 - Bars: Jump to front support, begin pullovers
Beam: Walks, releve and passe holds, straight jumps, levers
Floor: Rolls, begin hand stands and cartwheels
Vault: Jumps, board technique, stick finish
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
- Offerings
 - Monday 4pm
 - Wednesday 10:35am
 - Thursday 4pm
 - Saturday 9:30am and 11:30am

School Age Beginner (6 and up)

- Member: \$140 Public: \$160
- Pre-requisite: Minimum of 6 years old or promotion from Kinder Beginner by instructor.
- Any child under 6 must be approved by Megan Edwards
 - (medwards@springfieldymca.org)
- Description

- Bars: Jump to front support, begin pullovers
Beam: Walks, releve and passe holds, straight jumps, levers
Floor: Rolls, begin hand stands and cartwheels
Vault: Jumps, board technique, stick finish
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
- Offerings
 - Monday 5pm
 - Wednesday 4:30pm
 - Thursday 6:05pm
 - Saturday 9:30am and 11:30am

Advanced Beginner (6 and up)

- Member: \$160 Public: \$180
- Pre-requisite: promotion from Beginner or Kinder Beginner by instructor.
- Description
 - Bars: Pullovers, carts, begin under swing dismounts
Beams: Levers, jumps, pivot turns
Floor: Cartwheels, handstands, rolls, bridges
Vault: Stick finish, forward rolls to introduce dive rolls
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
- Offerings
 - Mondays 4:30pm
 - Wednesdays 5:00pm
 - Thursdays 4:00pm
 - Saturdays 10:30am

Intermediate

- Members: \$140 Public: \$160
- Pre-requisite: promotion from Advanced Beginner by instructor.
- Description
 - Bars: Chin-up pullovers, casts, glides, back hip circles, start stride circles, dismounts
Beams: Side handstand dismounts, handstands, leaps
Floor: Cartwheels, handstands, round offs, rebounds, bridge kick overs, backbends
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
Vault: Dive rolls, heel dives, begin flat backs on mat
- Offerings

- Mondays at 5:30pm
- Tuesday at 6:30pm
- Wednesdays at 5:30pm
- Saturdays at 11:30am

Advanced

- Members: \$150 Public: \$170
- Pre-requisite: Promotion from Intermediate by instructor.
- Description
 - Bars: Chin-up pullovers, productive casts, back hip circles, stride circles, dismounts, body positioning, guide swings and kip drills
 - Beam: Mounts, side handstand dismounts on medium beam, handstands, leaps, start cartwheel low beam
 - Floor: Round offs, back walkovers, handstand walks, handstand forward rolls, front walkovers, begin front handsprings and back handsprings.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
- Offerings
 - Mondays 6:00pm

Tumbling 1

- Members: \$140 Public: \$160
- Description
 - This is a beginner class for those with little or no experience. In this class, participants will work on Introductory and progressive tumbling.
- Offerings
 - Wednesdays 6:00pm
 - Saturdays 12:30pm

Tumbling 2

- Members: \$140 Public: \$160
- Prerequisite: participants must have completed Tumbling 1 or be approved by the gymnastics director.
- Description
 - In this class, they will work on front limbers, walkovers, and handsprings.
- Offerings
 - Saturdays at 12:30pm

Tumbling 3

- Members: \$140 Public: \$160
- Prerequisite: participants must have completed Tumbling 2 or be approved by the gymnastics director.

- Description
 - In this class, they will work on handsprings, connections, series and tucks.
- Offerings
 - Thursdays at 7:30pm

Rings and Swings

- Member: \$160 Public: \$180
- Prerequisite: successful completion of Advanced Beginner and a minimum of 6 years old.
- MUST BE DIRECTOR APPROVED; only the Director can register your child for this program after you have spoken with her.
- Description
 - Improve motor skills, coordination and balance and build strength! This all-boys class will introduce boys to beginner gymnastics. They will learn tumbling skills and be introduced to the high bar and rings. MUST BE DIRECTOR APPROVED.
- Please have your gymnast wear something they can move comfortably in with no buttons or zippers. Please pack a water bottle. Report to the gymnastics gym to check in on the first night of classes, the class may be observed from the hallway.
- Offerings
 - Tuesdays 5:30pm

Competitive Gymnastics

- This team practices year-round and competes throughout the states of Illinois and Missouri in the USAG, AAV, YMCA levels 1-8, and YMCA levels 2-8, Team spirit, sportsmanship, and self-esteem are emphasized. Registration for this class must be director approved.