



# GRAND RIVER AREA FAMILY YMCA

## Gymnastics Schedule

### Summer II: July 5 - July 30

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 am - 10:00 am	Tiny Angels			Tiny Angels
11:00 - 11:45				Hoppers B
12:00 - 1:00	Roly Poly			Roly Poly
4:00 pm - 4:45 pm	Bouncers A		Tiny Boys	
4:00 - 5:30	Spinners & Twisters Day 1		Spinners and Twisters Day 2	
5:00 - 5:45			Bouncers B	
5:00 - 6:00	Jumpers Overflow			
5:30 - 6:30	Rockers A			
5:00 - 9:00	Aerial Angels	Aerial Angels		Aerial Angels
6:00 - 6:45			Hoppers A	
6:00 - 7:00	Boys Gymnastics	Rockers B Shifters Day 1	Jumpers	Shifters Day 2
7:00 - 8:00				Rockers C

Due to the YMCA National Gymnastics Championship,  
 Tiny Angels will resume July 7.  
 Aerial Angels and Roly Poly will resume July 11.

## Private Lessons

Our gymnastics coaches offer private lessons for gymnasts wishing to improve their skills. Please contact Betsy Garcia at [barthaud@grandriverymca.org](mailto:barthaud@grandriverymca.org) or (660) 646-6677 to schedule your lessons.

1 Hour = \$25 for Members / \$40 for Program Participants

30 Minutes = \$12.50 for Members / \$25 for Program Participants

45 Minutes = \$18.75 for Members / \$33 for Program Participants



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# TWIST, TURN, & FLIP AT THE Y

## GYMNASTICS

Summer I: May 31—June 25 (4 Weeks)  
**GRAND RIVER AREA FAMILY YMCA**



### **Please Note:**

- Class times and coaches are subject to change.
- Shifters, Spinners, Twisters, and Advanced Boys meet twice per week. Aerial Angels meet two or three times per week. All other classes meet just once.
- Classes are limited to 5 gymnasts per coach.
- All gymnasts must meet the gymnastics dress code during every class in order to participate fully. Dress code flyers are available at the Welcome Center.

## **Beginner Level Classes**

### **Roly Poly (Age 9 months - 4 years) - 1 hour**

With coach supervision and limited guidance, bond with your little one while teaching the importance of physical activity at a young age during this exploratory time. This class meets 2 times per week each week of the 4 week session. The cost is \$20 for members and \$35 for Program Participants for any 4 of the 6 classes.

### **Bouncers (Age 3 1/2 - 4 years) - 45 minutes**

Girls and boys explore basic gymnastic skills with emphasis on self-confidence, following directions, jumping with two feet, and more! CHILDREN MUST BE POTTY TRAINED! This class meets once per week for 4 weeks. The cost is \$28 for members and \$42 for program participants.

### **Hoppers (Girls - Age 5 years) - 45 minutes**

Girls will develop gross motor skills, listening skills, body awareness, and self-confidence while developing basic gymnastics skills. This class meets once per week for 4 weeks. The cost is \$31 for members and \$46.40 for program participants.

### **Jumpers (Girls - Age 6 years) - 1 hour**

Girls will improve strength, listening skills, body awareness, flexibility, and self-confidence while improving basic skills. At this level, girls practice jumping from one foot to two, swings, rolls, and more! This class meets once per week for 4 weeks. The cost is \$34 for members and \$51 for program participants.

### **Rockers (Girls - Age 7+ years) - 1 hour**

First progressive gymnastics class for girls. Girls will improve strength, listening skills, body awareness, flexibility, and self-confidence, while learning basic gymnastics skills. This class meets once per week for 4 weeks. The cost is \$36 for members and \$55 for program participants.

### **Tiny Boys (Age 5+) - 45 minutes**

Boys will improve strength, listening skills, and self-confidence. In this class, boys will focus on the pommel, floor, vault, and bars. Boys will **not** focus on dance skills or the beam. This class meets once per week for 4 weeks. The cost is \$31 for members and \$46.40 for program participants.

## **Advanced Level Classes**

Gymnasts may enter advanced level classes only with permission from the Gymnastics Director.

### **Boys Gymnastics (Intermediate Level) - 1 hour**

Boys will improve strength, speed, and self-confidence while improving gymnastics skills. This class focuses on male skills on the pommel, floor, vault, and bars. Boys will **not** focus on dance skills or the beam. Socks and shoes are required for endurance and strength conditioning. This class meets once per week for 4 weeks. The cost is \$36 for members and \$55 for program participants.

### **Advanced Rockers (Girls - Beginner Level 2) - 1.5 hours**

Second progressive gymnastics class for girls. At this level, girls continue to learn basic gymnastic skills with an increased focus on fundamentals and technique. This class meets once per week for 4 weeks. During the Summer II Session, Advanced Rockers will be combined with Rockers.

### **Shifters (Girls - Intermediate Level) - 1 hour 2x / week**

Third progressive gymnastics class for girls. At this level, girls learn more advanced gymnastic skills including backbend from standing, cartwheel to handstand on the beam, stride circles on the bar, and more! This class meets twice per week for 4 weeks. The cost is \$48 for members and \$72 for program participants.

### **Advanced Rockers (Girls - Beginner Level 2) - 1.5 hours**

Second progressive gymnastics class for girls. At this level, girls continue to learn basic gymnastic skills with an increased focus on fundamentals and technique. This class meets once per week for 4 weeks. The cost is \$50 for members and \$60 for program participants.

### **Shifters (Girls - Intermediate Level) - 1 hour 2x / week**

Third progressive gymnastics class for girls. At this level, girls learn more advanced gymnastic skills including backbend from standing, cartwheel to handstand on the beam, stride circles on the bar, and more! This class meets twice per week for 4 weeks. The cost is \$48 for members and \$72 for program participants.

### **Spinners (Boys and Girls - USAG Level 1 Non-Competitive) - 1.5 hours 2x/week**

Fourth progressive gymnastics class. At this level, boys and girls train twice a week to increase strength and endurance. Spinners learn backbend kick-overs, round-offs, shoot out dismounts, and more! Socks, shoes, and shorts are required. This class meets twice per week for 4 weeks. The cost is \$72 for members and \$108 for program participants.

### **Twisters (Boys and Girls - USAG Level 2 -3 Non-Competitive) - 2 hours 2x/week**

Last progressive gymnastics class. At this level, boys and girls will train twice a week with an emphasis on strength, endurance, and flexibility. Twisters work on tumbling, flat back on the vault, shoot-throughs on the bars, and more! Socks, shoes, and shorts are required. This class meets twice per week for 4 weeks. The cost is \$80 for members and \$120 for program participants.

### **Tiny Angels**

Participation in Tiny Angels is by invitation only. No more than 15 gymnasts are invited to join Tiny Angels each summer. The Tiny Angel summer program is designed to be an intensive training gymnastics camp to prepare 6 –10 year olds for future participation in Aerial Angels. Tiny angels is a preparatory class. Tiny Angel gymnasts, however, are not guaranteed an invitation to Aerial Angels. The TOP5 gymnasts chosen to be in Tiny Angels will practice with the Aerial Angels twice per week throughout the summer. Tiny Angel gymnasts who display a readiness for competition may be invited to join Aerial Angels in August.

## **Competitive Team (Aerial Angels)**

Participation in Aerial Angels is by invitation only. Aerial Angels train two to three days each week. Level 2 requires 6 hours of training per week (9 hours optional). Levels 3+ require 9 hours of training per week. All Aerial Angels may register for their choice of practice days as long as they reach the required amount of practice hours per week. Practices include one mile of running, pool conditioning, and skill training on all artistic gymnastic apparatuses.

The Aerial Angels must wear their hair in a bun. Only black shorts and leggings are allowed. Aerial Angels fees are per month and are based on the number of practice hours each week. Please see the Gymnastics Director or speak with a staff member at the Welcome Center for details. Aerial Angels participate in seven competitive meets each year between October and June. Additional meet fees are required.