



# GRAND RIVER AREA FAMILY YMCA

## Gymnastics and Cheer Schedule

Summer I: May 30 - June 24

Class times are subject to change. Shifters, Spinners, and Twisters, and meet twice per week. Aerial Angels meet two or three times per week. All other classes meet just once.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
8:00 am - 11:00 am			Aerial Angels (Levels 2 - 3)		Aerial Angels (Levels 2 - 3)
10:00 - 11:00	Roly Poly				
Noon - 1:00 pm				Roly Poly	
1:00 - 4:00	Aerial Angels (Levels 2 - 3)			Aerial Angels (Levels 2 - 3)	
2:00 - 4:00	Tiny Angels			Tiny Angels	
4:00 - 4:45	Bouncers A		Bouncers B Hoppers A	Hoppers B	
4:00 - 5:00	Tiny Boys Shifters A - Day 1	Rockers A Itty Bitty Cheer		Shifters A - Day 2	
4:00 - 5:30		Spinners A - Day 1		Spinners A - Day 2	
5:00 - 6:00	Boys	Jumpers A	Rockers C		
5:00 - 6:30		Elementary Cheer			
5:00-7:00	Twisters A - Day 1		Twisters A - Day 2		
5:00 - 8:00	Aerial Angels (Levels 2 - 5)	Aerial Angels (Levels 2 - 5)		Aerial Angels (Levels 2 - 5)	
5:30 - 6:30		Shifters B - Day 1		Shifters B - Day 2	
6:00 - 7:00			Jumpers B		
6:30 - 7:30		Rockers B			
6:30 - 8:00		Middle School Cheer		Advanced Rockers A	
7:00 - 8:00	Shifters C - Day 1			Shifters C - Day 2	

# TWIST, TURN, & FLIP AT THE Y

## 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 - Pre K) - 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. The cost for one child is \$20 for members and \$45 for program participants. The family cost (up to 3 children) is \$30 for members and \$55 for program participants. Registration allows a child or family to attend twice per week.

### **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, forward rolls, and more! CHILDREN MUST BE POTTY TRAINED! This class meets once per week. 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, like the backward roll. This class meets once per week. The cost is \$31 for members and \$46 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, such as the cartwheel. At this level, girls practice jumping from one foot to two, swings, rolls, and more! This class meets once per week. 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 including the headstand. This class meets once per week. The cost is \$37 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, parallel bars and single bar. Boys will **not** focus on dance skills or the beam. This class meets once per week. The cost is \$34 for members and \$51 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, parallel bars and single bar. 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. The cost is \$37 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, such as the handstand, with an increased focus on fundamentals and technique. This class meets once per week. The cost is \$40 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. 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. 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. The cost is \$80 for members and \$120 for program participants.

## **Private Lessons**

Our gymnastics coaches offer private lessons for gymnasts wishing to improve their skills. Please contact Betsy Garcia at (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

Discounts are available when you purchase 4 or more lessons at one time.

## Tiny Angels

Participation in Tiny Angels is by invitation only. No more than 10 gymnasts will be invited to join. The Tiny Angel program is designed to be an intensive training gymnastics camp to prepare 6-10 year olds for future participation in Aerial Angels. The Top 5 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. Tiny Angel gymnasts, however, are not guaranteed an invitation to Aerial Angels. The cost is \$52 for members and \$80 for program participants.

## Competitive Team (Aerial Angels)

Participation in Aerial Angels is by invitation only. Aerial Angels train two to four days each 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, ballet, and skill training on all artistic gymnastic apparatuses.

Please see your 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. If you have any questions, please see the Gymnastics Director.

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 for details. Aerial Angels participate in seven 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.

## Cheer

YMCA Cheerleading offers girls and boys the chance to get active and have fun. Cheerleaders will build self-confidence and self-esteem while developing social skills and healthy relationships with other kids. They will learn all the fundamentals of cheerleading including basic motions, jumps, cheers and chants. Cheerleaders will practice once to twice per week depending on age. Extra rehearsals and performances will be announced. **All first time cheerleading students must pay a registration fee of \$25. One free uniform is included with the registration fee.**

**Iddy Biddy (4 - 6 years)** - Class meets once per week. The cost is \$45 for members and \$75 for program participants.

**Elementary (1st - 4th grade)** - Class meets once per week. The cost is \$52.50 for members and \$90 for program participants.

**Middle School (5th – 8th grade)** - Class meets once per week. The cost is \$52.50 for members and \$90 for program participants.

**High School (9th - 12th grade)** - There are no classes at this time. Clinic tryout dates to be announced.

To receive txt alerts concerning gymnastic and cheer schedule reminders, changes, and updates, please txt @grygymnast to 81010.