



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRETCH YOUR LIMITS

## GRAND RIVER AREA FAMILY YMCA

### Gymnastics Schedule

Winter II: February 19 - March 31 (6 Weeks)

#### Beginner Level Classes

##### Roly Poly (Age 9 months - Pre K) - 1 hour

With coach supervision and limited guidance, bond with your little one(s) while teaching the importance of physical activity during this exploratory time.

**Monday & Thursday 10:00 am - 11:00 am**

Individual Fee:  
\$30 Members / \$54 Program Participants  
Family Fee (Up to 3 Children):  
\$45 Members / \$70.50 Program Participants

##### Bouncers (Age 3 1/2 - 4 years) - 45 min.

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!

**Class A: Tuesday 5:00 pm - 5:45 pm**

**Class B: Wednesday 6:00 pm - 6:45 pm**

Fee: \$42 Members / \$63 Program Participants

##### Hoppers (Age 5 years) - 45 min.

Boys and girls will develop gross motor skills, listening skills, body awareness, and self-confidence while developing basic gymnastics skills, like the backward roll.

**Class A: Wednesday 4:00 pm - 4:45 pm**

**Class B: Thursday 5:00 pm - 6:00 pm**

Fee: \$46.50 Members / \$69 Program Participants.

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

Boys and girls will improve strength, listening skills, body awareness, flexibility, and self-confidence while improving basic skills, such as the cartwheel. At this level, gymnasts practice jumping from one foot to two, swings, rolls, and more!

**Tuesday 4:00 pm - 5:00 pm**

Fee: \$51 Members / \$76.50 Program Participants

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

First progressive gymnastics class for girls and boys. Gymnasts will improve strength, listening skills, body awareness, flexibility, and self-confidence, while learning basic gymnastics skills including the headstand.

**Wednesday 5:00 pm - 6:00 pm**

Fee: \$55.50 Members / \$82.50 Program Participants

#### Private Lessons

Our gymnastics coaches offer private lessons for gymnasts wishing to improve their skills. Contact our Welcome Center to schedule your lessons.

Fee for 30 Minutes: \$12.50 for Members / \$25 for Program Participants

Fee for 45 Minutes: \$18.75 for Members / \$37.50 for Program Participants

Fee for 1 Hour: \$25.00 for Members / \$50.00 for Program Participants

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

## Advanced Level Classes

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

### Shifters - 1 hour 2x / week

Third progressive gymnastics class for girls and boys. At this level, gymnasts learn more advanced gymnastic skills including backbend from standing, cartwheel to handstand on the beam, stride circles on the bar, and more!

**Class A:**  
**Monday & Thursday 4:00 pm - 5:00 pm**

**Class B:**  
**Tuesday & Wednesday 5:00 pm - 6:00 pm**

Fee: \$72 Members / \$108 Program Participants

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

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.

**Monday & Thursday 4:30 pm - 6:00 pm**

Fee: \$108 Members / \$162 Program Participants

### Twisters - 2 hours 2x/week (USAG Level 2-3 Non-Competitive)

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.

**Monday & Thursday 4:00 pm - 6:00 pm**

Fee: \$120 Members / \$180 Program Participants

## Team Gymnastics

### 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

### Aerial Angels (Competitive Team)

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 their 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 the Aerial Angels 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. All questions should be directed to Betsy Garcia.

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 Welcome Center 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.

**Monday, Tuesday, & Thursday  
5:00 pm - 8:00 pm**

**Saturday  
11:00 am - 3:00 pm**

Fee: Monthly Class Fees and Additional Meet Fees Apply Based on Age and Competitive Level

**Class times and coaches are subject to change. 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.**

**To receive text alerts concerning gymnastics schedule reminders, changes, and updates, please text @grygymnast to 81010.**