GRAND RIVER AREA FAMILY YMCA
Gymnastics Schedule
2023 Session 4: June 19 – July 29 (6 Weeks)

**Beginner Level Classes**

**Level 1 (Age 3 - 5 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!

- **Monday** 5:00 - 5:45 pm
- **Wednesday** 6:00 - 6:45 pm

Fee: $51 Members / $73.50 Program Participants

**Level 2 (Age 5 - 6 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.

- **Monday or Thursday** 6:00 - 6:45 pm

Fee: $51 Members / $73.50 Program Participants

**Level 3 (Age 6 - 7 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** 5:00 - 6:00 pm
- **Wednesday** 5:00 - 6:00 pm

Fee: $66 Members / $96 Program Participants

**Intermediate Level Classes**

**Level 4 - Girls (Age 7+years) - 1 hour**
First progressive gymnastics class for girls. Gymnasts will improve strength, listening skills, body awareness, flexibility, and self-confidence, while learning basic gymnastics skills including the headstand.

- **Tuesday** 6:00 - 7:00 pm
- **Wednesday** 5:00 - 6:00 pm

Fee: $72 Members / $102.75 Program Participants

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

Classes will not meet July 4. If applicable, the price of the missed class will be reflected at the time of registration.
Advanced Level Classes

Gymnasts may enter advanced level classes after evaluation and with permission from the Gymnastics Coordinator.

**Level 5 - 1.5 hours 1x / 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!

**Monday** 5:30 – 7:00 pm

**Wednesday** 5:30 – 7:00 pm

Fee: $90 Members / $112.50 Program Participants

**Pre-Team - 1.5 hours 2x / week**

Pre-Team is an invitation only class and meets twice a week for a total of 3 hours. It is for gymnasts who have been evaluated out of the Level 5 class. The expectations for skill development are higher in this group, and Pre-Team gymnasts are expected to consistently perform skills at a high level.

**Monday & Thursday** 5:30 - 7:00 pm

Fee: $150 Members / $172.50 Program Participants

**Tiny Angels - 2 hours 2x / week**

Tiny Angels is an invitation only class and meets twice a week for a total of 4 hours. It is for gymnasts who have been identified as potential members of the Aerial Angels Team. The expectations for skill development are higher in this group, and tiny angels gymnasts are expected to consistently perform skills at a high level.

**Tuesday & Thursday** 5:00 - 7:00 pm

Fee: $170 Members / $195 Program Participants

Team Gymnastics

**Aerial Angels (Competitive Team)**

Participation in Aerial Angels is by invitation only. Aerial Angels train two to four days each week. Practices include one mile of running, conditioning, 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 Kaylee Munson.

Aerial Angels fees are per month and are based on the number of practice hours each week. Please see the gymnastics coordinator for details. Aerial Angels participate in 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.

Fee: Monthly Class Fees and Additional Meet Fees

Apply Based on Age and Competitive Level.

**Bronze**

Tuesday and Thursday 4:30 - 7:30 pm

**Silver & Gold**

Monday, Tuesday, & Thursday 4:30 - 7:30 pm

**Tiny Angels**

**Pre-Team**

**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 a 30 Minute Session:

- $20 for Members
- $35 for Program Participants

Fee for 4 30-Minute Sessions:

- $65 for Members
- $125 for Program Participants

Specific coaches cannot be guaranteed. Unused lessons expire one year from purchase date.

Class times and coaches are subject to change. **Classes may be merged and/or cancelled if there is not a minimum of 3 participants.** All gymnasts must meet the gymnastics dress code during every class in order to participate fully.