

# GYMNASTICS: RECREATIONAL

Online or in-person registration is available for this program . Payment schedule available for most programs. 3 payments: SEP | OCT | NOV with SEP payment due at time of registration.

Please note: There will be no Gymnastics Classes OCT 23 for a Gymnastics Meet and NOV 24 – 26 for the Thanksgiving Holiday.

DATE(S)	DAY(S)	TIME	MBR	PRG	REGISTER (MBR   PRG)
<b>GYMNASTICS FUNDAMENTALS</b> (5 – 6 yrs)					
These classes offer a sound foundation for gymnastics, or any sport in which a child may be interested. Each child works through a list of skills and drills which lead to more challenging gymnastics as they develop their ability. In addition to gymnastics, our classes incorporate fitness and fun.					
The Christmas Show leotard/outfit is included in the cost of this class.					
Sep 11 - Dec 11	MON	4:30 PM - 5:30 PM	\$212	\$276	JUN 1   JUN 15
	TUE	6:00 PM - 7:00 PM			
	WED	4:30 PM - 5:30 PM			
		5:15 PM - 6:15 PM			
	THUR	3:00 PM - 4:00 PM			
		4:15 PM - 5:15 PM			
	FRI	4:00 PM - 5:00 PM			
	SAT	9:00 AM - 10:00 AM			
		10:15 AM - 11:15 AM			
	MON & WED	3:00 PM - 4:00 PM	\$346	\$450	

<b>GYMNASTICS FUNDAMENTALS:</b> (7 – 8 yrs)					
These classes offer a sound foundation for gymnastics, or any sport in which a child may be interested. Each child works through a list of skills and drills which lead to more challenging gymnastics as they develop their ability. In addition to gymnastics, our classes incorporate fitness and fun.					
The Christmas Show leotard/outfit is included in the cost of this class.					
Sep 11 - Dec 11	MON	3:00 PM - 4:00 PM	\$212	\$276	JUN 1   JUN 15
	TUE	6:00 PM - 7:00 PM			
	WED	3:00 PM - 4:00 PM			
	THUR	3:30 PM - 4:30 PM			
	FRI	4:00 PM - 5:00 PM			
		5:15 PM - 6:15 PM			
	SAT	9:00 AM - 10:00 AM			
		10:15 AM - 11:15 AM			
	MON & WED	6:00 PM - 7:00 PM	\$346	\$450	

<b>GYMNASTICS FUNDAMENTALS:</b> (9 – 12 yrs)					
This class is for beginner-level gymnasts. All children enrolled work on carefully graduated steps leading through essential basics to more advanced skills. Accomplishment of these more advanced skills can lead to competitive gymnastics or an accelerated class environment depending on the child. Instructors keep up with child's progress by means of individual skill sheets.					
The Christmas Show leotard/outfit is included in the cost of this class.					
Sep 11 - Dec 11	TUES	4:15 PM - 5:15 PM	\$212	\$276	JUN 1   JUN 15
	THUR	6:00 PM - 7:00 PM			
	FRI	5:15 PM - 6:15 PM			
	SAT	10:15 AM - 11:15 AM			

<b>EXCEL GYMNASTICS: Girls only &amp; must be director approved</b> (6 – 12 yrs)					
We offer accelerated classes for those students who are ready to learn more than just the basics of gymnastics. These classes are available to students who have achieved their skill sheets in their beginner class or by personal evaluation from coach. Students progress to team gymnastics or advanced placements from here. Must be director approved, tested or have completed evaluation sheet for excel classes registration.					
The Christmas Show leotard/outfit is included in the cost of this class.					
Sep 11 - Dec 11	TUES	5:30 PM - 6:30 PM	\$212	\$276	JUN 1   JUN 15
	THUR	5:30 PM - 6:30 PM			
	WED	3:30 PM - 4:30 PM			
		5:45 PM - 6:45 PM			
	SAT	9:00 AM - 10:00 AM			
	TUES & THUR	3:00 PM - 4:00 PM	\$346	\$450	

<b>ADVANCED GYMNASTICS: Girls only &amp; must be director approved</b> (6 – 13 yrs)					
A class for gymnasts that would like to spend more time in the gym. This class will focus on more advanced skills as the gymnasts acquire appropriate strength. This class is for gymnasts that have already taken Excel Gymnastics or have a coaches recommendation. Twice a week is recommended, but not required. If you would like to participate in more than 1 class per week, please check out our Advanced Gymnastics – 2 Days option(s).					
The Christmas Show leotard/outfit is included in the cost of this class.					
Sep 11 - Dec 11	WED	6:00 PM - 7:30 PM	\$353	\$460	JUN 1   JUN 15
	SAT	10:30 AM - 12:00 PM			

DATE(S)	DAY(S)	TIME	MBR	PRG	REGISTER (MBR   PRG)
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## JUNIOR CHAKETTES GYMNASTICS : Girls only & must be director approved (4 - 6 yrs)

This class is by permission only. This is a class designed to start your little one early preparing for our competitive team. The Jr. Chalkettes will "compete" in our home meets in October and February. Your Jr. Chalkette will learn routines. **This class is twice a week.**

**The Christmas Show leotard/outfit is included in the cost of this class.**

Sep 11 - Dec 11	THUR	4:45 PM - 5:45 PM	\$212	\$276	JUN 1   JUN 15
	SAT	9:00 AM - 10:00 AM			

## NINJA WARRIOR (5 - 13 yrs)

This class will focus on strength, balance and agility using Ninja Warrior obstacles and training. Participants will use our warped wall, ninja slackline, pegboard, brand new ninja box and climbing wall during this class. This class is a fun and challenging work out.

If you would like to participate in more than 1 class per week, please check out our Ninja Warrior Gymnastics - 2 Days option(s).

**The Christmas Show leotard/outfit is included in the cost of this class.**

Sep 11 - Dec 11	MON	3:30 PM - 4:30 PM	\$212	\$276	JUN 1   JUN 15
		4:45 PM - 5:45 PM			
	WED	4:45 PM - 5:45 PM			
	SAT	9:15 AM - 10:15 AM			
	MON & WED	6:00 PM - 7:00 PM	\$346	\$450	

## PRIVATE & SEMI-PRIVATE GYMNASTICS (4 - 20 yrs)

Whether you are a beginner or looking to up your gymnastics or cheer competition skills, we will match you with a coach that can help you achieve your goal.

By Appointment	Private (1 on 1)	45 minutes	\$40/class	\$40/class	JUN 1   JUN 15
By Appointment	Semi-Private (2 on 1)	1 hour	\$60/class	\$60/class	

## CHRISTMAS SHOW: December 6 - 11

Join us as we showcase the skills our gymnasts learned this semester. Don't forget to bring your camera!

Participants need to wear their show leotard or shirts/shorts. The cost of the leotard/outfit is included in the class fee. Exact days and times for the shows will be released closer to the date.

LOCATION HARRIS YMCA - Gymnastics Center

## GYMNASTICS ATTIRE

**Girls:** Leotard, bare feet, bike shorts and shirts are acceptable. Hair must be pulled back and no jewelry allowed.

**Boys:** Shorts or sweatpants, T-shirt, bare feet.

Contact:

**Marta Clarkson, Gymnastics Director**

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