GYMNASTICS
NEW CHALLENGES AND SKILLS
Questions: kayla@ryeymca.org or melissa@ryeymca.org

BEGINNERS: AGES 2–5

TWISTING TIKES
Ages 2 1/2 – 3 1/2
An introduction to the sport of gymnastics! Learn the fundamentals necessary for vault, bars, beam, and floor with a focus on balance, movement, and hand-eye coordination in a fun and safe environment (Instructor/Child ratio 1:5).

Monday: 1:00–1:40 pm
(Without parent, must be potty-trained; no pull-ups)
Friday: 10:45–11:25 am
(With parent, potty-trained not required)

Family: $134; Youth: $144; Non-Member: $191

TUMBLE TOTS
Ages 3 1/2 – 4 1/2
Learn basic movement, group dynamics, and beginning gymnastics (Instructor/Child Ratio 1:5).

Monday: 1:45–2:25 pm
Tuesday: 1:00–1:40 pm
Wednesday: 1:00–1:40 pm
Friday: 10:00–10:40 am or 1:00–1:40 pm

Family: $134; Youth: $144; Non-Member: $191

GYM TOTS
Ages 4–5
Introduction to YMCA progressive gymnastics program. Classes include movement, exploration, balance and confidence. Children introduced to bars, beams, vault, and tumbling (Instructor/Child Ratio 1:5).

Monday: 11:00–11:40 am
Tuesday: 1:45–2:25 pm
Thursday: 1:00–1:40 pm
Thursday: 1:45–2:25 pm
Friday: 1:45–2:25 pm

Family: $134; Youth: $144; Non-Member: $191

ROLLERS: Beginner
Ages 5–8
Monday: 3:30–4:30 pm
Saturday: 11:00am–12:00 pm

SWINGERS: Intermediate
Must be able to perform forward roll and backward roll on the floor
Ages 5–6
Wednesday: 5:30–6:30 pm
Saturday: 11:00am–12:00 pm
Ages 7 & up
Wednesday: 6:30–7:30 pm

KIPPERS: Advanced
Must be able to perform bridge, cartwheel, handstand on the floor
Ages 5–6
Friday: 3:30–4:30 pm
Ages 7 & up
Friday: 4:30–5:30 pm
Saturday: 12:00–1:00 pm

FLYERS I & II Older Advanced
Must be able to perform bridge kick over, handstand to a bridge, handstand-forward roll on floor.
Ages 8 & Up Tues: 6:30–7:30pm

Family: $191; Youth: $210; Non-Member: $263

Girls Progressive Gymnastics
Learn progressive gymnastics skills on each individual apparatus, including balance beam, uneven bars, floor exercise, and vault (Instructor/Child Ratio 1:7). All lead instructors are USA Gymnastics Safety Certified and trained in Infant Child CPR.

BOYS PROGRESSIVE GYMNASTICS
Introduction to the sport of men’s gymnastics, including vault, bars, rings, and floor exercise. Develop strength and confidence useful to any sport.

TWISTERS: All Levels
No Gymnastics Experience necessary
Ages 5 & Up
Saturday: 12:00–1:00 pm

Family: $191; Youth: $210; Non-Member: $263
GYMNASTICS

SKILL DEVELOPMENT

Questions: kayla@ryeymca.org or melissa@ryeymca.org

**GIRLS TEAM** Ages 6 & Up
(Invitation or Tryout Only, Membership required)
Learning, perfecting, and completing compulsory USA Gymnastics routines for meet competitions at the local, regional, and national levels.

The Gymnastics Team is for gymnasts who have progressed through the YMCA class program or have successfully demonstrated a mastery of skills required for level 3, U.S.A.G. The objective of the team is to provide a recreational gymnastics experience. Athletes have fun pursuing their potential in gymnastics. Opportunities to compete in up to ten meets per year will be available upon the discretion of the coach. Gymnasts participate either three or four days a week.

**Girls Team Level 3 Required Training:**
2 days w/option to train 3 days
Monday: 4:30 – 6:30 pm
Thursday: 3:30 – 5:30 pm
Friday: 5:30 – 7:30 pm
Family/Youth: $2017* (Sept. to May)
$100 non-refundable registration fee required by 7/7/18
Balance of registration due by 9/17/18

**Girls Team Level 4–8 Required Training:**
4 days w/option to train 5 days
Monday: 6:00 – 8:00 pm
Tuesday: 3:30 – 5:30 pm
Wednesday: 3:30 – 5:30 pm
Thursday: 6:30 – 8:30 pm
Friday: 5:30 – 7:30 pm
Saturday: 1:00–3:00pm (Sept.–Dec.)
Family/Youth: $2613* (Sept. to May)
$100 non-refundable registration fee required by 7/7/18
Balance of registration due by 9/17/18

*MEET FEES: All local meets included in your team fee. Additional meet fees are required for Leagues, States, Regionals, Invitationals or National Competitions.

**TEAM GYMNASTIC DANCE TECHNIQUE**
Open to the Gymnastic Team – Members only.
Wednesday: 3:30–4:30 pm
Family/Youth Members: $85 per session

**TALENT GROUP**
By invitation or try-outs only – Ages 8 & up
Membership required
This group is designed for advanced gymnasts who do not want to participate on a competitive level. Participation in this group is by invitation or try-outs only. Continue your gymnastics skills with your friends in a fun and safe environment. Work on routines and advanced gymnastics.
Monday: 6:00–8:00 pm, Sept. to May
Family/Youth: $1030
$100 non-refundable registration fee required by 7/7/2018
Balance of registration due by 9/17/2018

**GYMNAST NIGHT IN**
Ages 5 and up (No experience necessary)
Friday, October 12 and January 11, 7:00–9:30 pm
Family: $25; Youth: $35; Non-Member: $50

**TRYOUTS – 2018-2019 SEASON**
The tryout is for NEW gymnasts interested in being part of:
Girls pre-team – ages 5–9
Girls team – Level 3–8
Excel Competitive Team – ages 7 & up
Talent Group – ages 8 and up
2017-18 members are not required to try-out; they will be evaluated at the end of the season. For more information, please contact: kayla@ryeymca.org.
Tryouts held: Thursday, August 2, 2018: 4:30–5:30pm

**XCEL GIRLS GYMNASTICS TEAM** Ages 6 and up
(Invitation or Tryout Only, Membership required)
XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. Gymnasts have the opportunity to compete in up to ten meets per year including state, regional, and national competitions. Gymnasts participate either two or three days a week.

**XCEL Silver Team required training:**
2 days w/ option to train 3 days:
Tuesday: 3:30–5:30 pm; Wednesday: 3:30–5:30 pm
Thursday: 6:30–8:30 pm
Family/Youth: $2017 (Sept. to May)

**XCEL Gold Team required training:**
3 days w/ option to train 4 days:
Monday: 6:00–8:00pm; Tuesday: 3:30– 5:30 pm
Wednesday: 3:30 – 5:30 pm; Thursday: 6:30–8:30 pm
Saturday: 1–3pm (Sept.–Dec)
Family/Youth: $2112* (Sept. to May)
$100 non-refundable registration fee required by 7/7/18
Balance of registration due by 9/17/18

*MEET FEES: All local meets included in your team fee. Additional meet fees are required for Leagues, States, Regionals, Invitationals or National Competitions.

**XCEL GIRLS GYMNASTICS TEAM** Ages 6 – 9
(Invitation or Tryout Only, Membership required)
This program is for girls who are expressing a serious interest in gymnastics. Gymnasts entering this program should have some prior experience and will be evaluated by the coaching staff. This class is the prerequisite for the competitive team. Skills required: handstand, cartwheel, back bend and splits. Training twice a week September – May.
Tuesday: 5:15 – 6:30 pm
Thursday: 5:15 – 6:30 pm
Family/Youth: $1290

Register online unless otherwise indicated at www.ryeymca.org – Click on “Register For Classes” or register on our mobile app