GYMNASICS
NEW CHALLENGES AND SKILLS

SCHOOL AGE

GIRLS TEAM
Ages 6 & Up
(Invitation or Tryout Only, Membership required)
Learning, perfecting, and competing 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 PRE-TEAM
XCEL Bronze - Ages 5 – 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: $1250

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: 3:30-5:00 pm
Thursday: 6:30-8:30 pm
Saturday: 1:00-3:00pm (Sept.-Dec.)
Family/Youth: $1958* (Sept. to May)
$100 non-refundable registration fee required by 7/8.
Balance of registration due by 9/16

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 – 5:00 pm
Thursday: 6:30– 8:30 pm
Friday: 5:30 – 7:30 pm
Saturday: 1:00-3:00pm (Sept.-Dec)
Family/Youth: $2050* (Sept. to May)
$100 non-refundable registration fee required by 7/8.
Balance of registration due by 9/16

*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: $1000
$100 non-refundable registration fee required by 7/8.
Balance of registration due by 9/16

Register online unless otherwise indicated – Sign up at www.ryeymca.org – Click on “Register For Classes”

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GYMNASICS
BALANCE AND FUN

YOUTH DEVELOPMENT: NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

PROGRESSIVE GYMNASTICS

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.

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

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
(Friday: 10:45-11:25 am)
(WITHOUT PARENT, MUST BE POTTY-TRAINED; NO PULL-UPS)

Family: $130; Youth: $140; Non-Member: $185

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: $130; Youth: $140; Non-Member: $185

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 1:7).

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

Family: $130; Youth: $140; Non-Member: $185

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: $185; Youth: $204; Non-Member: $255

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: 5:00-6:00 pm
Saturday: 11:00am-12:00 pm

Ages 7 & up
Wednesday: 6:00-7:00 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: $185; Youth: $204; Non-Member: $255

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No Gymnastics Experience necessary
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Family: $185; Youth: $204; Non-Member: $255

CLINICS

Cartwheel Clinic – Ages 4 & Up
Saturday, October 21: 1:15-2:30pm
A perfect time for your gymnast to learn the true fundamentals of a cartwheel. Beginner to advanced.
Family/Youth: $30; Non-Member: $40

Backward Clinic – Ages 5 & Up
Saturday, November 18: 1:15-2:30pm
The clinic will cover backward rolls, back extensions, back walkovers and back handsprings. Beginner to advanced. We will even take these skills to the balance beam!
Family/Youth: $30; Non-Member: $40

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