

## **GYMNASTICS** NEW CHALLENGES AND SKILLS

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### **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**

#### **Cartwheel Clinic - Ages 4 & Up**

**Saturday, October 20: 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 17: 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**

## **PROGRESSIVE GYMNASTICS** AGES 5 AND UP

#### **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.



#### **ROLLERS:** Ages 5-8

##### **Beginner**

**Monday: 3:30-4:30 pm**  
**Saturday: 11:00am-12:00 pm**

#### **SWINGERS:** Ages 5-6

##### **Intermediate**

Must be able to perform forward roll and backward roll on the floor

**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

**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**

#### **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**

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### **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.**

### **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](mailto:kayla@ryeymca.org).

**Tryouts held: Thursday, August 2, 2018: 4:30-5:30pm**

### **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**

### **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: \$1290**

### **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

### **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