



Mid-County Family YMCA
Gymnastics, Dance, & Tumbling
January 2 - May 19, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Member Registration begins November 13 - Open Registration begins November 20
New Scheduling Format! All classes will be on a month to month basis now! Register for the remainder of the school year, and have payments automatically drafted!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Schedule					
					8:30am - 9:00am WigglyWorms
	9:00am -11:00am Preschool Open Gymnastics Time				9:15am - 10:00am Bouncing Bears, Tumbling Teddies
		10:30am - 11:00am WigglyWorms	10:30am - 11:00am WigglyWorms		9:15am - 10:00am Tap & Ballet 5+
		11:15am - 12:00pm Bouncing Bears	11:15am - 12:00pm Tumbling Teddies		10:00am - 10:55am Rollers
		12:30 pm - 1:15 pm Home School Gymnastics	12:30 pm - 1:15 pm Home School Gymnastics		10:00am - 10:45 am Tap & Ballet 3 & 4
					11:00am - 11:55am Kippers/Flyers
					11:00am-2:00pm Girls Rec/Competitive 2-4
		4:15pm - 5:00pm Tumbling 101			1:00-3:30pm Boys Team
5:00pm - 7:00 pm Pre-team Girls Competitive Team Level 2 -4	5:15pm - 6:00pm Bouncing Bears, Tumbling Teddies & Preschool Boys	5:00pm - 8:00 pm Rec Team/ Girls Competitive Team Level 2-4			
	6:00pm - 6:55pm Rollers, Kippers/Flyers & Boys Level 1		5:15pm - 6:00pm Bouncing Bears	5:00pm - 7:00 pm Pre-team	Sunday
6:00pm-8:30pm Boys & Girls Competitive Teams Level 4+		6:00pm-8:30pm Girls Rec/Competitive Teams Level 4+	6:00pm - 6:55pm Rollers		
	7:00pm - 7:55 pm Rollers, Kippers/Flyers & Boys Level 2		7:00pm - 7:55pm Kippers/Flyers		11:00am - 2:00pm Girls Rec/Comp Team 4+
			6:00pm-8:00pm Boys Teams		

Please note

Any classes cancelled due to weather will not have a scheduled make-up time.
Any child under the age of 6 must have an adult on the balcony in the gymnastics facility during class time.
Any child between 8 and 13 must have an adult in the building during class time.

Call 314-962-9450 or visit our website to register today!

1900 Urban Dr. Brentwood, MO 63144

www.gwrymca.org/midcounty

Mid-County Family YMCA Gymnastics & Dance Class Descriptions	
Class	Description
Preschool Open Gymnastics Ages 1-5	Spend time with just your toddler and you while they explore the world of gymnastics. Obstacle courses and preschool equipment will be set up for free play and exploration. No instruction provided. (M: \$0 NM: \$5)
WigglyWorms Age 24 - 36 months	Age 12-36 months. Introduction to gymnastics in an engaging and fun atmosphere with parents. (M: \$20 NM: \$40)
Bouncing Bears Ages 3-4	A beginner class for your preschooler who's ready to start gymnastics! Introduces age-appropriate basic skills to improve strength, balance, and coordination. (M: \$24 NM: \$48)
Tumbling Teddies Ages 4-5	An intermediate class for pre-schoolers who have progressed through the Bouncing Bears class with all skills achieved, and are now ready to move on to the next step! (M: \$24 NM: \$48)
Rollers Ages 6+	No experience necessary. A beginning developmental class that will lay the foundation on which all other progressive gymnastics skills are built. (M: \$26 NM: \$52)
Kippers/Flyers Age 6+	Build upon the basics of Rollers. Learn more advanced skills, increase strength and flexibility. Must be evaluated or recommended by a teacher before enrolling. (M: \$26 NM: \$52)
Preschool Boys Gymnastics Ages 3-5	Beginner class for your preschooler who is ready to run, jump, and tumble! Introduces age-appropriate basic skills on all six competitive men's events to improve strength, balance and coordination. (M: \$24 NM: \$48)
Boys Level 1 Age 6+	Basic introduction to men's gymnastics. Rotate through the 6 competitive men's gymnastics events while working to increase strength, flexibility, and skill. No experience necessary. (M: \$26 NM: \$52)
Boys Level 2 Age 6+	Builds upon the basics of Boys 1 Gymnastics. Learn more advanced skills while increasing strength and flexibility. Must be evaluated or recommended by teacher before enrolling. (M: \$26 NM: \$52)
Home School Gymnastics	A 45 minute beginner level gymnastics class. (M:\$24 NM:\$48)
Pre-Team	For gymnasts who have achieved the skills in the Kippers/Flyers level and are ready to turn toward a competitive mindset. Please contact Program Director for more information.
Rec Team	For gymnasts ready for USAG competitive gymnastics. Contact Program Director for more info.
Competitive Team	For gymnasts ready for USAG competitive gymnastics. Contact Program Director for more info.
Boys Team	For gymnasts ready for USAG competitive gymnastics. Contact Program Director for more info.
Tumbling 101 Ages 8-16	Beginner level for those looking to pursue cheerleading or gymnastics. Learn basics while working to increase strength and flexibility. (M: \$24 NM: \$28)
Tap & Ballet Ages 3 & 4	Preschool tap and ballet emphasizes strength, flexibility, balance and self esteem. (M: \$24 NM: \$48)
Tap & Ballet Ages 5-8	The basics of Tap and Ballet are taught in a musical atmosphere! (M: \$24 NM: \$48)