



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTH COUNTY FAMILY YMCA KIDS FITNESS & GYMNASTICS CLASSES

Fall 1 Session: September 11 – October 22 (6 weeks)
Member registration opens August 7 • Public registration opens August 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Gym used by Daycare	Gym used by Daycare	8:30-9:00 Wiggly worm
9:00 – 9:45 am Bouncing Bears					9:00 – 9:45 am Bouncing Bears Tumbling Teddies Cartwheeling Cubs
9:45 – 10:30 am Tumbling Teddies		9:45-10:30 Bouncing bears	10:00-10:30 Wiggle worm	10:00 – 10:30 am Intro to Gymnastics	9:15 – 10:05 am Youn Wha Ryu Ages 6 – Adult Meramec Room 9:15 – 9:45 am Intro to Gymnastics
Gym used by Daycare Preschool playtime will be back on Mondays in January 2018.	10:30 am – 12:00 pm Preschool Playtime	10:30-12:00 Preschool playtime	10:30-12:00 Preschool Playtime	10:30 am – 12:00 pm Preschool Playtime	9:50-10:35 Bouncing Bears Tumbling Teddies Tumbling Teddies Progressing Pandas
5:00 – 5:45 pm Bouncing Bears Bouncing Bears Tumbling Teddies Cartwheeling Cubs					10:15-11:00 Taekwondo Team Invitation only Meramec room
6:00 – 6:45 pm Bouncing Bears Tumbling Teddies Cartwheeling cub	4:45 – 9:00 pm TWISTERS GYMNASTICS TEAMS	5:00 – 5:55 pm Rollers Rollers	4:45 – 9:00 pm TWISTERS GYMNASTICS TEAMS	5:00 – 5:50 pm Tae Kwon Do Ages 5 – Adult Meramec Room	10:45 – 11:40 am Rollers Swingers Gliders Kippers/Flyers
6:00 – 6:55 pm Rollers Tiny Team		6:00 – 6:45 pm Bouncing Bears Tumbling Teddies Tumbling Teddies TWISTERS TINY TEAM		5:00 – 5:55 pm PRE-TEAM GYMNASTICS	11:45 am – 2:15pm TWISTERS GYMNASTICS TEAM Saturday Birthday parties
6:00 – 6:50 pm Youn Wha Ryu Ages 6 – Adult Meramec Room	6:00 – 6:50 pm Kids Karate Ages 6 – 16 Meramec Room	6:00 – 6:50 pm Kids Karate Ages 6-16 Meramec Room	6:00 – 6:50 pm Zumba Kids Member Only Class Meramec Room		Sundays***** 10:30-12:00 Preschool playtime
7:00 – 7:55 pm Rollers Swingers Gliders Boys Tumbling / Conditioning		7:00-7:55 Tumbling 101 Pre-Team Rollers Swingers			12:15-1:00 Tumbling 101 1:00-3:00 Cheer Team
8:00 – 8:55 pm TeenTumbling Teen Gymnastics					3:00-6:00 Gymnastics Team

If you are new to our program the Tumbling Teddies, Cartwheeling Cubs, Progressing Pandas, Swingers, Kippers, Flyers & Team require a PHONE CONSULTATION with our Gymnastics & Dance Director, Joan (314) 849-4668, Ext 236 BEFORE you register to ensure that your child is placed in the appropriate class and level. Classes fill up fast so please register early. If class is full, please ask to be placed on a waiting list.

Gymnastics Class Prices
30-minute class: Members pay only \$32 – Public \$64
45-minute class: Members pay only \$36 – Public \$72
55-minute class: Members pay only \$38 – Public \$76
Martial Arts: 50-minute class: Members pay only \$30 – Public \$60
Preschool Playtime: Members Pay 0-Public pays \$6

Revised 8/24/2017

**Call, stop by the Y or register online today! Not all gymnastics classes available for on-line, due to class restrictions.
12736 Southfork Rd. St Louis, MO 63128 • 314-849-9622 •**

SOUTH COUNTY FAMILY YMCA KIDS FITNESS & GYMNASTICS CLASS DESCRIPTIONS

Class	Description
Preschool Playtime	(90 minutes) (Ages 0-6) Bring your children in for parent-supervised fun in our Children's Center. Y-Members: FREE Non-members: \$6 per family (Parents must remain with children at all times)
Wiggly Worms	(30 min) (walker - 36 months) Parent/Child Class where the participants will be introduced to gymnastics skill, in a fun environment.
Intro. to Gymnastics	(30 min.) (2-3 year olds) No parent participation. Child must be able to separate from parent.
Bouncing Bears	(45 min, 6:1 ratio) (Beginner, 3-5 yrs.) This class is for children wanting to learn basic gymnastics skills such as body positions, forward rolls, walking on the balance beam and more. Develop strength & body balance control
Tumbling Teddies	(45 min, 6:1 ratio) (intermediate, 3-5 years) This class is designed for gymnasts to continue their basic gymnastics skills, as well as progress to more challenging skills. Gymnast must be able to do forward rolls and walk forward on the balance beam unassisted, and front support on bars to register for this class.
Cartwheeling Cubs	(45 min, 6:1 ratio) (advanced, 3-5 years) This class is for gymnasts who want to continue their progression of gymnastics. Gymnast must be able to do strong front support, controlled forward roll dismount and 3 casts with hips off bar. Straddle roll and basic cartwheel on floor to register for this class.
Progressing Pandas	(45 min, 6:1 ratio) (advanced, 3-5 years) This class is designed for gymnasts that would like to continue their progression of gymnastics through more challenging skills and techniques. Gymnast must be able to do pullover with a slight spot, straddle roll and backward roll. Advancement would continue until child reaches the age of 6 and is ready to move on
Rollers	(55 min, 8:1 ratio) (ages 6 and up) No experience necessary. Rollers is a beginning developmental class, which will lay the foundation on which all other progressive gymnastics skills required to move to swingers.
Swingers	(55 min, 8:1 ratio) (ages 6 & up) Gymnast must be able to do a controlled front support roll down on bars, walk unassisted forward, backward and sideways on beam and forward, straddle and backward rolls to stand on floor.
Gliders	(55 min, 10-1 ratio) (ages 6 and up) Gymnast must complete swingers and have permission to move up to gliders. Gymnast must be able to do pullover and back hip circle (with slight spot), round-off, handstand and backbend on floor, walk on toes releve' forward and backward on medium beam, lever to "T" on low beam. No on-line sign up. No on-line sign up due to class restrictions.
Kippers	(55 min, 8:1 ratio) (ages 6 and up) Gymnast must be able to do pullover and back hip circle, proper round-off, handstand hold and backbend/pull-up on floor, walk on toes releve' forward and backward on High beam, lever to "T" on low beam. Must have completed Gliders and have permission from Instructor. No on-line sign up
Flyers	(55 min, 8:1 ratio)(ages 6 and up) Gymnast must be able to do pullover (no spot) Back hip circle (no spot), cast straddle dismount on bars, Side handstand from knee on low beam, Forward roll, split leap on medium beam, backbend kick over (no spot on floor), one arm cartwheel
Homeschool classes	Available on request call (314) 849-9622 Ext 236 or email Joan.Bryan@gwymca.org
Boys tumbling/conditioning	(55 min., 8:1 ratio) (ages 6+) Beginner & advanced class. Learn to tumble, build strength, flexibility & balance with other boys. On-line class sign-up available. Classes fill -up fast.
Birthday Parties	Tammy.Awtrey@gwymca.org Saturday gymnastics Birthday parties and Sunday swim parties
Teen Tumbling/Tumbling 101	(55 min., 10:1 ratio) (ages 12-18) Learn basic tumbling skills Tumbling 101 is a 55 min, (Ages 6-11) Learn basic tumbling and tumbling for cheer skills.
Cheer Team	Please contact Amanda.Wallace@gwymca.org for more information. Evaluations available.
Tiny team,PRE-TEAM GYMNASTICS	By Invitation Only! Email Victoria for more information at Victoria.lemunyon@gwymca.org
TWISTERS GYMNASTICS TEAM	(ages 5-16) Compete at local meets. Email Victoria for more information at victoria.lemunyon@gwymca.org
Kids Karate **	(6-16 years) Builds confidence, self-esteem & discipline. Teaches basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. 6th degree black belt instructor with over 30 years teaching experience. Certified through the American Council of Martial Arts. Diane.summers@gwymca.org (314) 849-9622 247
Tae Kwon Do **	(All Ages) (50 min). Great for family members of all ages. TKD encourages respect for others and helps to improve balance, strength & flexibility. Diane.summers@gwymca.org (314) 849-9622 247
Youn Wha Ryu **	Designed for any age and experience. Develops strength, flexibility & cardio while safely teaching effective self-defense techniques that include physical applications as well as mental and spiritual discipline. Opportunities to compete learn various weapons and specialize in grappling & throwing. Classes are taught by certified instructors. Excellent for all the family! Diane.summers@gwymca.org (314) 849-9622 247

Questions contact Joan Bryan, Dance & Gymnastics Program Director (314)849-9622 236 or email Joan.bryan@gwymca.org