



# YOUTH & RECREATION GYMNASTICS

UPDATED: March 10, 2023

Register  
Online  
NOW



## STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E [kbridenhagen@spymca.org](mailto:kbridenhagen@spymca.org)

## SPRING REGISTRATION INFORMATION

- **SPRING SESSION 1:** March 26 – May 13 (7 weeks)
- **SPRING SESSION 2:** May 14 – June 3 (3 weeks)
- **NO CLASSES MEMORIAL DAY MONDAY MAY 29, 2023**  
 -YMCA Member Registration: Monday, February 27, 2023  
 -General Public Registration: Monday, March 13, 2023

## PRESCHOOL CLASSES

- An informational welcome letter emailed to you the Wednesday before the start of the session.

### ADULT TOT (Walkers - 3 years with parent/adult)

This class is primarily for child/adult bonding and fun! Instructor led activities include circle time, stretching, structured play and free play. Children will explore various types of body movement—tumbling, jumping, climbing, and swinging— through structured play. Any child in attendance must be registered for the class.

**Class Max: 12**

Class Name	Location	Age	Day	Start	End	Y Family Member	Y Youth Member	General Public
Adult Tot	Gymnastic Center	Walkers - 5 years	T	9:30 AM	10:10 AM	SP1-\$10 SP2-\$10	SP1-\$45 SP2-\$20	SP1-\$90 SP2-\$40
Adult Tot	Gymnastic Center	Walkers-5	W	9:30AM	10:10AM	SP1 - \$10	SP1-\$45	SP1-\$90

### TINY TWISTERS (AGES 3-4 YEARS) (Participants must be potty trained.)

Tiny Twisters is for the child who is ready to explore the Gymnastics Center on their own, with their peers and a coach for the first time. This class introduces children to the dynamic sport of gymnastics in a positive and fun setting. Children will strengthen gross motor movements as well as improve balance, flexibility and body control. **Class Max: SP1-6, SP2-6**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Tiny Twisters	Gymnastic Center	3-4 years	T	10:30 AM	11:10 AM	SP1-\$45 SP2-\$20	SP1-\$90 SP2-\$40

### MIGHTY MOVERS (AGES 3 ½ - 5 YEARS)

**(New participants MUST be at least 3 ½ years old and potty trained)**

More fun, more fitness, more skills! Children will learn basic skills to further their gymnastic and physical ability with a focus on coordination, balance, social skills and building self-confidence. Children exposed to all gymnastic equipment including floor, bars, beam, vault, and rings. **Class Max: WED-SP1-6, SP2-6**

**FRI-SP1-10, SP2-6**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Mighty Movers	Gymnastics Center	3 ½ - 5 years	TH	5:20 PM	6:00 PM	SP1-\$45	SP1-\$90
Mighty Movers	Gymnastics Center	3 ½ - 5 years	F	9:30 AM	10:10 AM	SP1-\$45 SP2-\$20	SP1-\$90 SP2-\$40

### **SUPERHERO TRAINING ACADEMY (AGES 3 - 5 YEARS) (Participants MUST be potty trained)**

Do you want to learn to fly through the air and jump over tall buildings? Come join the Superhero Training Academy and swing, climb, jump, balance and even fly your way around the gymnastics center. The Superhero Training academy is a class that will allow your tot to use their super strength to safely explore the gymnastics center while learning the core values behind all Superheroes; Respect, Responsibility, Caring and Honesty. **Class Max: SP1-10, SP2-6**

<b>Class Name</b>	<b>Location</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Superhero Training	Gymnastics Center	3-5 years	F	10:30 AM	11:10 AM	SP1-\$45 SP2-\$20	SP2-\$90 SP2-\$40

### **PROGRESSIVE CLASSES**

At the Y, our gymnastic coaches care about safety and well-being of your child. Gymnasts evaluated throughout each session to ensure correct class placement. All gymnasts progress at different rates. Some may move through levels quite quickly while others may spend a year or more in each level. Both are quite normal and should not be a cause for concern. If you have any questions regarding your child's placement, please contact Kristy Bridenhagen, Gymnastics Director.

- An Informational welcome letter emailed to you the Wednesday before the start of the session.

### **BEGINNERS**

This introductory class is the first class in a series of progressions to aid your young gymnast in developing balance, strength, flexibility, and respect for the beauty and power of this sport. No experience needed.

**Children must be 5 years of age by September 1. TUES Class Max: SP1-12, SP2-8**

**THURS: Classes Max: SP1-12, SP2-8**

<b>Class Name</b>	<b>Location</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Beginners	Gymnastics Center	5 years & up	T	4:15 PM	5:00 PM	SP1-\$49	SP1-\$98
Beginners	Gymnastics Center	5 years & up	TH	4:15 PM	5:00 PM	SP1-\$49	SP1-\$98
Beginners	Gymnastics Center	5 years & up	T	5:15 PM	6:00 PM	SP2-\$21	SP2-\$42

### **INTERMEDIATES (COACHES CONSENT ONLY)**

This is the second class in our progressive series for your young gymnast. The focus is on flexibility and a higher level of skill on all equipment. **TUES Class Max: SP1-12, SP2-8**

<b>Class Name</b>	<b>Location</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Intermediates	Gymnastics Center	5 years & up	T	5:15 PM	6:00 PM	SP1-\$49	SP1-\$98
Intermediates	Gymnastics Center	5 years & up	TH	5:15 PM	6:00 PM	SP2-\$21	SP2-\$42

### **ADVANCED (COACHES CONSENT ONLY)**

This third class in our progressive series and created for the gymnast who is focused, completed Beginner and Intermediate classes, and has excelled in the sport. A skill-oriented class where the gymnast has attempted to master their fundamental skills and is ready to be challenged at a higher level.

**TUES Class Max: SP1-12, SP2-8**

<b>Class Name</b>	<b>Location</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Advanced	Gymnastics Center	5 years & up	F	4:30 PM	5:30 PM	SP1-\$50	SP1-\$102
Advanced	Gymnastics Center	5 years & up	F	5:30 PM	6:30 PM	SP2-\$25	SP2-\$50

## TEAM LEVELS

### PRE-TEAM (COACHES CONSENT ONLY)

Pre-team is designed to prepare gymnasts for advanced skills and routines for competition, and a stepping-stone to join our competitive team. This is a continuous program for advance level gymnasts who wish to participate on our competitive gymnastics team. Participants will practice and condition 2x per week in a safe and controlled environment. **September 12, 2022 – August 25, 2023**

Class Name	Location	Age	Day	Start	End	Y Member
Pre-Team	Gymnastics Center	5 years & up	M/W	4:15 PM	5:45 PM	\$70/month

### GIRLS' TEAM LEVEL 2 – 10 & Xcel (2022-2023 SEASON - WITH COACH CONSENT ONLY)

The Gymnastics Competitive Team is comprised of levels 2- 10 and Xcel Levels. Team members work on skills, conditioning & dance for USAG Compulsory & Optional Routines. Our team offers gymnasts opportunities to excel in a safe, enthusiastic, and motivating environment. Team participation promotes sharing, cooperation, and compromise. Team members boost self-esteem by setting and achieving goals while acquiring new skills. Our team gymnasts have established a reputation of being honest and responsible whether they are competing out of town or in their own gym. Our team prides themselves not only on their gymnastic skills but also on their unparalleled commitment to excellence in school and community. Acceptance to team is by invitation only. You must be a current Y member to participate.

**September 12, 2022 – August 25, 2023**

Fee includes two practice days & Open Gym. **Class Max: 20**

Class Name	Location	Age	Day	Start	End	Y Member
Level 2	Gymnastics Center	5 years & up	M/W	4:15 PM	6:15 PM	\$75/month
Level 3	Gymnastics Center	6 years & up	M/W	6:30 PM	8:30 PM	\$75/month
Level 4	Gymnastics Center	7 years & up	M/W	6:30 PM	8:30 PM	\$75/month
Level 5	Gymnastics Center	7 years & up	M/W	6:30 PM	8:30 PM	\$75/month
Xcel (all Levels)	Gymnastics Center	10 years & up	M/W	6:30 PM	8:30 PM	\$75/month
Level 6 and up	Gymnastics Center	10 years & up	T/TH	6:00 PM	9:00 PM	\$80/month

### PRIVATE LESSONS- TEAM LEVEL ONLY (Ages 5 years & up)

Offered for all team levels. A coach will work with your gymnasts on appropriate skills for their level and in accordance with their individual goals. Private Lessons are 1 hour.

To register, contact Theresa Christianson, Gymnastics & Youth Sports Coordinator to set up a time for your private lesson then purchase your lesson(s) at Member Services. Present your receipt to the coach at your private lesson as proof of payment. Please be reminded, it may take several weeks to schedule a private lesson or longer if you have limited availability.

**By appointment only**

**Y Members Only: \$35/hour**