

GROW WITH US

PROGRAM GUIDE

POWEL CROSLEY, JR. YMCA

9601 Winton Road | Cincinnati, OH 45231 | 513.521.7112



GYMNASTICS

November 1 - December 19

8 classes over 2 months

	Days	Session Time
Tumblers age 2-3	Tues.	5:45 - 6:15 PM
	Sat.	9:30 - 10:00 AM
Bitty Bounders age 3-4	Mon.	5:40 - 6:10 PM
	Mon.	6:50 - 7:20 PM
	Sat.	10:15 - 10:45 AM
Bounders ages 4-5	Mon.	6:00 - 6:45 PM
	Thurs.	4:30 - 5:15 PM
	Sat.	10:10 - 10:55 AM
	Sun.	1:45 - 2:30 PM
Mini Ninja age 4-6	Wed.	5:30 - 6:15 PM
	Sun.	12:30 - 1:15 PM

	Days	Session Time
Progression 1	Mon.	4:30 - 5:30 PM
	Mon.	6:15 - 7:15 PM
	Thurs.	6:30 - 7:30 PM
	Sat.	11:10 - 12:10 PM
	Sun.	1:30 - 2:30 PM
Progression 2	Wed.	6:45 - 7:45 PM
	Thurs.	5:20 - 6:20 PM
	Sat.	9:30 - 10:30 AM
	Sun.	12:30 - 1:30 PM
Progression 3	Tues.	6:15 - 7:30 PM
	Sat.	11:00 - 12:15 PM
Ninja	Wed.	6:30 - 7:30 PM
Pre Team	Twice weekly	Wed 5:00-6:30 PM Sat 10:45-12:15 PM

Preschool | Ages 2 - 5 years

TUMBLERS with Parents (Member: \$40, Regular: \$80)

A parent/child class introducing basic gymnastics knowledge and refining gross motor skills using fun and creative circuits.

BITTY BOUNDERS (Member: \$45, Regular: \$90)

This class is for the child ready to participate in a class on their own. An introduction to basic gymnastics knowledge and events: Floor, Bars, Beam, and Vault.

MINI NINJA (Member: \$50, Regular: \$100)

Learn to jump, crawl, climb, and swing over obstacles in a fun and creative way!

BOUNDERS (Member: \$50, Regular: \$100)

Longer version of Tumblers Too. Designed to develop strength, basic gymnastics knowledge, and skill progressions using gymnastics props and stations.

Progressive | Ages 5-12

PROGRESSION 1 (Member: \$75, Regular: \$150)

For the beginning gymnast who has little or no gymnastics experience

PROGRESSION 2 (Member: \$75, Regular: \$150)

Must have completed Progression 1 or equivalent and be able to do forward and backward rolls, a backbend, handstand on the floor, jump to front support on bars. Approval required.

PROGRESSION 3 (Member: \$88, Regular: \$176)

Must have completed Progression 2 or equivalent and be able to do round offs, and a forward roll on the balance beam. Approval required.

PRE-TEAM Two days each week (Member: \$115, Regular: \$223)

Achieved skill goals in Progression 3. Designed for the skilled gymnast as a stepping stone to our competitive team, or a good class for the serious gymnast. Approval required.

NINJA (Member: \$75, Regular: \$150)

Obstacle and agility training for children ages 7-10 years old.



Register



ONLINE
myY.org/register



IN PERSON
at the
Welcome Center

No class Thanksgiving. Prices prorated for Thursday classes.

Private GYMNASTICS LESSONS

Per class (60 minutes)

Y-Member: \$30 or Non-members: \$60

Class Package (four 60 minute classes)

Y-Member: \$100 or Non-members: \$200

Register through kgallo@myy.org

Greater Cincinnati YMCA Gymnastics Team

The team competes at YMCA Gymnastics meets on the local, regional and national levels. Competitive practice groups are designed for gymnast that have been invited to the team, ages 6-18.

For more information, email kgallo@myy.org

PROGRAM MAKE UP POLICY: We will do everything possible to ensure that all classes are held when scheduled. If more than one class must be canceled, due to unforeseen circumstances, a class credit will be issued. In the event that a participant is unable to attend a class for any reason, we cannot guarantee a make up class or class credit. Credits will be issued to the participant's YMCA account at the end of each session.