

YMCA GYMNASTICS PROGRESSION

FOUNDATIONS

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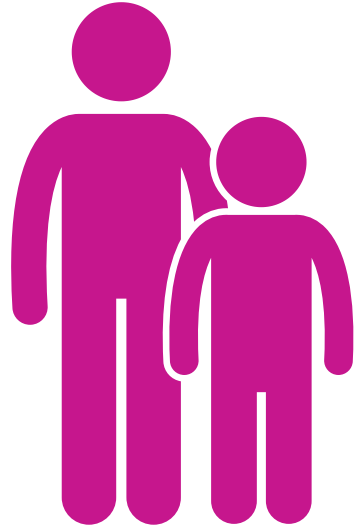
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ACADEMY

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COMPETITIVE



**Child with Adult
Gymnastics**

1-2 YEARS

This program is designed to help support your child in developing both social and motor skills. Age appropriate activities, including song and play, will help participants improve balance, gross and fine motor skills, strength and hand eye coordination. Each registered child must be accompanied by an adult.



**Preschool
Gymnastics**

3-4 YEARS

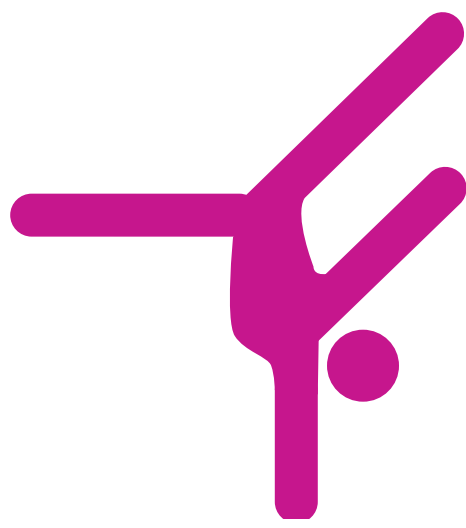
This independent class is designed for the active preschooler. Gymnasts are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Children will learn how to follow circuits and simple directions. Coordination and self-confidence will soar as they tumble, swing, and have fun in this class!



**Intro to
Gymnastics**

4-6 YEARS

This class is designed for 4K & Kindergarten gymnasts. Participants are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Development of skills are done through station based learning. Gymnasts age 4 must take a pre-school class prior to enrolling in this course.



**Intro to
Gymnastics**

7-13 YEARS

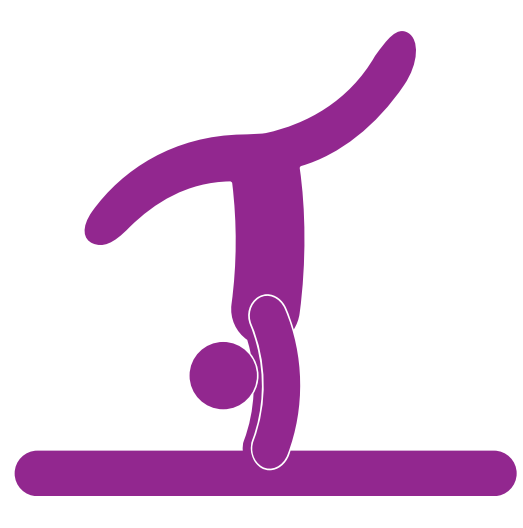
Gain confidence and strength by learning basic gymnastics skills in this introductory gymnastics class. No prior experience necessary. Participants will learn independence and practice skills on bars, beam, floor, and vault.



**Jr. Stars
Gymnastics**

4-13 YEARS

The Jr. Stars program builds a strong foundation in all 4 gymnastics events: bars, beam, floor & vault. Gymnasts progress through 3 skill based levels. Recital will showcase gymnasts' achievements at the end of each session.



**Pre-Team
Gymnastics**

5-15 YEARS

This program will prepare gymnasts for the competitive Gymstar program by fostering confidence and independence while working on advanced skill development.
*By skill evaluation only.



**Team
Gymnastics**

5+ YEARS

Our gymnastics team, Gymstars, is built around the fundamentals of the YMCA. We compete against other Wisconsin YMCAs using USA Gymnastics (USAG) rules and regulations in Junior Olympic (JO) levels 2-10 and Xcel Silver and Gold.
*By skill invitation only.