

YMCA GYMNASTICS PROGRESSION

FOUNDATIONS

MONTHLY				
Child with Adult Ages 1-2	Preschool Gymnastics Ages 3-4	Intro to Gymnastics Ages 4-6	Intro to Gymnastics Ages 7+	Intro to Intermediate Gymnastics Ages 6-13
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.	This independent class is designed for the active preschooler. Participants 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!	This class is designed for 4K and Kindergarten gymnasts. Participants are introduced to basic gymnastics skills on all four events: bars, beam, floor and vault. Development of skills is done through station based learning. 4 year olds must take a pre-school class prior to enrolling in this class.	Participants will learn independence and practice skills on bars, beam, floor, and vault. Gain confidence and strength by learning basic gymnastics skills in this introductory gymnastics class. Development of skills is done through station based learning. No prior experience necessary.	<b>NEW PROGRAM!</b> Participants will continue to build on their gymnastics skills on all four events: bars, beam, floor and vault. Through station work participants will begin working on the skills that come after "intro" level classes. Participants must pass the intro level skills prior to enrolling in this class.



ACADEMY

4-MONTH (Sept-Dec, Jan-April, *May-Aug) - includes Performance				TEAM
				YEAR ROUND
Jr. Stars Intro Level Ages 4-6	Jr. Stars Intro Level Ages 7+	Jr. Stars Intermediate Ages 5-13	Jr. Stars Advanced Ages 5-13	Pre-Team Gymnastics Ages 5+
The Jr. Stars program builds a strong foundation on all four gymnastics events: bars, beam, floor, and vault. A longer commitment allows our staff to build confidence, increase trust, and form relationships that often lead to quicker progression through skills and levels! Participants will prepare for a recital that will showcase their achievements. (*No performance for summer session).				This 1.5 hour weekly class will prepare gymnasts for the competitive Gymstars gymnastics team by fostering confidence and independence while working to polish and perfect the entry level competitive skills. Participants will be invited to perform in mock-meets as well as exhibitions. *By invitation or skill evaluation only.
This is an entry level class to our academy program for our 4K and Kindergarten gymnasts. Participants will progress through basic skills, learn vocabulary, body positions, gain trust and build friendships in a fun and age appropriate environment. 4 year olds must take a preschool class prior to enrollment.	This is an entry level class to our academy program for our school aged gymnasts. Participants will progress through basic skills, learn vocabulary, body positions, gain trust and build friendships in a fun and supportive environment.	This is the second level in our academy program for our school aged gymnasts. This is the level that participants understand their bodies, have greater muscle memory, are ready to refine their techniques and move onto more skill building. Prerequisite: intro skills passed.	This is the third and final level in our academy program for school aged gymnasts. This level will see a lot of independent skills as the participants work toward confidence and polish. Prerequisite: intermediate skills passed. These participants are often working to be invited to the preteam!	
				Competitive Gymnastics Team Ages 6+
				Our gymnastics team is built around the fundamentals of the YMCA. We use the sport of gymnastics to build our athletes into strong individuals who are ready to apply their skills in real life! We compete against other Wisconsin YMCA's using USA Gymnastics (USAG) rules and regulations in Junior Olympic (JO) levels 2-10 and Xcel levels Silver, Gold, & Platinum. *By invitation or skill evaluation only.

