



## Youth Gymnastics Instruction

The YMCA Youth Gymnastics program is the “feeder” program for our competitive team. Consisting of three separate classes, gymnastics at the YMCA is a great program for any child. Children will advance through gymnastics skills beginning with the most basic and progressing as they continue with the program. For those children who are not interested in competitive gymnastics, our program is a great place to stay active while interacting with friends! As with any of our programs, gymnastics classes are limited, so be sure and pre-register your child today.

### Gymnastics I

*\$42/YMCA Members*

*\$68/Potential Members*

Youth will advance through the fundamental skills of gymnastics as they build confidence. This class is designed to give children a grasp on all basic gymnastics skills before advancing in the program.

Ages: 6+

**Mondays and Wednesdays 4:00-5:00 PM**

### Gymnastics II

*\$42/YMCA Members*

*\$68/Potential Members*

Youth will begin to perfect the most advanced gymnastics skills. Children will be evaluated on skills learned before being invited to join one of our competitive teams to advance.

Ages: 6+

**Mondays and Wednesdays 4:00-5:00 PM**

### Tot Tumbling

*\$42/YMCA Members*

*\$68/Potential Members*

This class is designed to teach children the basics of movement and tumbling. Through gymnastics skills children will develop their gross motor skills and coordination.



Ages: 3-5

**Mondays and Wednesdays 3:30-4:00 or 5:00-5:30 PM**



## **PROGRAM REGISTRATION FORM**

For more information, contact Program Director Chad Walsh at [cwalsh@lockhavenymca.com](mailto:cwalsh@lockhavenymca.com)

