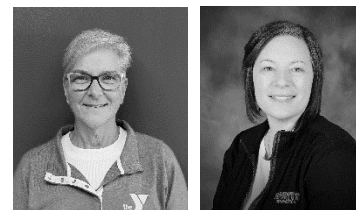




YOUTH & RECREATION GYMNASTICS

UPDATED: August 24, 2023

Register
Online
NOW



STAFF CONTACTS

Kristy Bridenhagen, Gymnastics & Adapted Director, P 715.952.9365 E kbridenhagen@spymca.org
Theresa Christianson, Gymnastics Head Coach, E tchristianson@spymca.org

FALL REGISTRATION INFORMATION

- **FALL 1 SESSION:** September 5 - October 21, 2023
 - **No Class:** September 4, Labor Day
- **FALL 2 SESSION:** October 22 - December 16, 2023
 - **No Class:** November 19-25, Thanksgiving Week
- YMCA Member Registration: Monday, August 7
General Public Registration: Monday, August 21

ADDITIONAL INFORMATION

- Please monitor for symptoms of illness. Your child should stay home if any symptoms of illness are observed.
- Viewing area is open from the hallway at this time. Adult Tot classes are allowed ONE adult per child registered.

PRESCHOOL CLASSES

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

ADULT TOT (Walkers - 5 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. All children in attendance **must** be registered for the class.
Class Max: 10

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Adult Tot	Gymnastics Center	Walkers – 3 years	T	9:30 AM	10:10 AM	\$16	\$94
Adult Tot	Gymnastics Center	Walkers – 3 years	W	9:30 AM	10:10 AM	\$16	\$94

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: 8**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Tiny Twisters	Gymnastics Center	3-4 years	T	10:30 AM	11:10 AM	\$47	\$94
Tiny Twisters	Gymnastics Center	3-4 years	W	10:30 AM	11:10 AM	\$47	\$94

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 are exposed to all gymnastic equipment including floor, bars, beam, vault, and rings. **Class Max: 10**

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	\$47	\$94
Mighty Movers	Gymnastics Center	3 ½ - 5 years	F	9:30 AM	10:10 AM	\$47	\$94

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: 10**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Superhero Training	Gymnastics Center	3-5 years	F	10:30 AM	11:10 AM	\$47	\$94

PROGRESSIVE CLASSES

At the Y, our gymnastic coaches care about safety and well-being of your child. Gymnasts are 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 Bridenham, Gymnastics Director.

- An Informational welcome letter will be 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: 15 THURS CLASS Max: 6**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Beginners	Gymnastics Center	5 years & up	T	4:15 PM	5:00 PM	\$51	\$102
Beginners	Gymnastics Center	5 years & up	TH	4:15 PM	5:00 PM	\$51	\$102

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. **THUR Class Max: 10**

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Intermediates	Gymnastics Center	5 years & up	TH	4:15 PM	5:00 PM	\$51	\$102

ADVANCED (COACHES CONSENT ONLY)

This is the 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.

Class Max: 15

Class Name	Location	Age	Day	Start	End	Y Member	General Public
Advanced	Gymnastics Center	5 years & up	T	5:00 PM	6:00 PM	\$54	\$108

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 11, 2023–August 16, 2024**

Class Name	Location	Age	Day	Start	End	Y Member
Pre-Team	Gymnastics Center	5 years & up	M/W	4:30 PM	6:00 PM	\$76/month

GIRLS' TEAM LEVEL 2 – 10 & Xcel (2023-2024 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 11, 2023-August 16, 2024

Fee includes two practice days & Open Gym. **Class Max: 50**

Class Name	Location	Age	Day	Start	End	Y Member
Level 2	Gymnastics Center	5 years & up	M/W	4:30 PM	6:30 PM	\$81/month
Level 3	Gymnastics Center	6 years & up	M/W	4:30 PM	6:30 PM	\$81/month
Level 4	Gymnastics Center	7 years & up	T/TH	6:00 PM	8:00 PM	\$81/month
Level 5	Gymnastics Center	7 years & up	T/TH	6:00 PM	8:00 PM	\$81/month
Level 6	Gymnastics Center	10 years & up	T/TH	6:00 PM	9:00 PM	\$86/month
Level 7 & 8	Gymnastics Center	10 years & up	T/TH	6:00 PM	9:00 PM	\$86/month
Xcel (all Levels)	Gymnastics Center	10 years & up	M/W	6:00 PM	8:00 PM	\$81/month

PRIVATE LESSONS- TEAM LEVEL ONLY (Must be a current Spirits' Team Member)

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 or Kristy Bridenhagen 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: \$40/hour