



# Y GYMNASTICS™

We build strong kids, strong families, strong communities.



**Classes are for boys and girls ages 3 and up**

We currently offer the following gymnastics classes:

**Tumble Tots**— 3-5 year olds

Basic tumbling skills as well as agility exercises to strengthen muscles

**Shooting Stars**— 6-8 year olds

Beginner and intermediate gymnast skills such as backbends, handstands, flips and more

**Twisters**— 9-12 year old

Intermediate to advanced gymnastics skills

**Tumbling 101**

This class is designed to teach rolls, tumblers and flips to children of all ages. No beam or bar is used in this class.

Gymnastics Instructor: Tiffany Lambert  
Gymnastics Assistant: Melinda George

**Tumble Tots:** YMCA Members \$15; Potential Members \$25 per month  
2 Classes Per Week: YMCA Members \$25 Potential Members \$45 per month

Tuesdays—5:30-6:15 pm

Fridays—5:30-6:15 pm & 6:15-7:00 pm

**Shooting Stars:** YMCA Members \$20; Potential Members \$30 per month  
2 Classes Per Week: YMCA Members \$35 Potential Members \$55 per month

Wednesdays— 4:30-5:30 pm

Saturdays—11-12 pm

**Twisters:** YMCA Members \$20; Potential Members \$30 per month  
2 Classes Per Week: YMCA Members \$35 Potential Members \$55 per month

Saturdays—9-10 am & 10-11 am

**Tumbling 101:** YMCA Members \$20; Potential Members \$30 per month

Saturdays—12-1 pm

For more information please call the YMCA 632-2232

