



# Gymnastics Class Descriptions



## Lion and Tigers and Bears, Oh My!

Gymnastics, music, play, and cleaning up are the main components of the Lions, Tigers, and Bears co-ed classes. The emphasis on routine helps parents and instructor work together to promote motor, mental, and social development.

**Ages 1½ – 3½**

## Monkey Madness

These are co-ed gymnastics classes: YMCA style. We begin by warming up our muscles and stretching them out. Then we move right into learning some basic, age-appropriate skills and drills on floor, beam, bar, springboard, and more.

**Musical Monkeys: Ages 2½ - 4, with parent**

**Micro-Monkeys: Ages 3½ – 5**

**Mini-Monkeys: Ages 4 – 6**

**Medium-Monkeys: Ages 5 – 7**

**Mega-Monkeys: Ages 6 – 10**

**Mongo-Monkeys: Ages 7 – 12+**

## Swans' Lake

This class places the emphasis on the focus, grace, and balance needed for gymnastics. This is accomplished by introducing Ballet and other genres of Dance to the mix.

**Small Swans: Girls, Ages 4 - 8**

**Swans: Girls, Ages 7 - 12**

## Gorillas

With an emphasis on focus, fun, strength and coordination, this class provides a good gymnastic foundation and includes skills and drills from other sports as well.

**Boys, Ages 4 - 8**

## Chimpanzees

Progressing beyond the basics, this 35 minute, co-ed class is designed for students who can cartwheel and hold a straight-armed bridge. Class is both challenging and fun.

**Ages 5 – 12 + skill requirement**

Recommended Attire for all Classes: Comfortable clothing that student can go upside-down in, while maintaining modesty. Clothes without snaps, zippers, and/or buttons are preferable. Bare feet. Additionally, if student has long hair, it is best to have all of it pulled back. Braids are generally the most comfortable while executing floor skills.

A Note on Ages: Older children are generally welcome (e.g. teens are welcome at Chimpanzees or Mongo-Monkeys). However, we ask that your child meet the minimum age requirement. Please feel welcome to speak to the instructor about this or any other questions or concerns you may have.

