

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.

Morning Monkeys: Ages 3 – 5

Mini-Monkeys: Ages 4 – 7

Medium-Monkeys: Ages 5 – 9

Mega-Monkeys: Ages 7 – 12+ (All skill levels)

Gorillas

With an emphasis on focus, strength, and coordination, this class not only provides a good foundation for gymnastics and other sports, it gives the child a fun opportunity to improve their focus and listening skills.

Boys, Ages 4½ – 9

Small Swans

Gymnastics meets dance. Class is generally set up in a circuit, incorporating gymnastics, ballet and other genres of dance. Emphasis is placed on the focus, grace, and balance needed for both activities, while keeping an upbeat pace. Students are welcome to register for one or both Small Swan classes.

Girls, Ages 4 – 8

Swans

This class is a mix between Small Swans and Chimpanzees. While continuing to incorporate ballet and other genres of dance, this 40 minute class moves beyond the basics in gymnastics. Class is designed for girls who know the ballet positions, can cartwheel, and can hold a straight-armed bridge. Class is both challenging and fun.

Open to girls of all ages who meet Skill Recommendation

Chimpanzees

Progressing beyond the basics, this 40 minute, co-ed class is designed for students who can cartwheel and hold a straight-armed bridge. Class is both challenging and fun.

Open to gymnasts of all ages who meet Skill Requirement

Tumble & Cheer

Cartwheels, round-offs, and cheerleading jumps will dominate this floor-only (no bar, beam, etc.) gymnastics class. Basic cheerleading moves will also be introduced in the form of cheers, chants, and routines.

Kindergarten – 2nd Graders

3rd Graders and up

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 to attend older classes). 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.