



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS AT THE NEWBERRY YMCA

INTRODUCTORY AND BEGINNERS LEVELS

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## CLASS OFFERINGS 2023

### MOMMY & ME

12 months to 3yrs of age

A parent/ child gymnastics class designed to develop locomotor, motor development, and social skills with the help of a parent or guardian. Learn skills and names together in a fun and safe atmosphere. This class meets once a week for 45 minutes.

### BEGINNER GYMNASTICS

5 to 9 yrs of age

Our beginners class focuses on the 4 Olympic events and is a great opportunity to improve strength, flexibility, confidence, and self-esteem. This class is designed for children with no or very limited gymnastics experience. This class meets twice a week for 1 hour each.

\*AGE AT SIGN UP

### TUMBLE TOTS

2.5 to 4 yrs of age

This wonderful introduction to the world of gymnastics is designed to teach the basic skills on the balance beam, bars, vault, and floor exercises. All with the focus on developing the social, locomotor, and gross motor development skills. This class meets once a week for 45 minutes.

### SCHEDULE

#### Mondays

10am Mommy & Me 1  
6pm Mommy & Me 2

#### Tuesdays

6pm Beginners 1  
7pm Beginners 2

#### Wednesdays

10:15am Tumble Tots 1  
6:30pm Tumble Tots 2

#### Thursdays

6pm Beginners 1  
7pm Beginners 2

SESSION RUNS FROM  
FEBRUARY 13TH TO  
MARCH 31ST

REGISTRATION ENDS FEB.  
10TH

or until spaces are filled (max 7 per class)

**PRICING:**  
Mommy & Me: \$40 / \$65  
Tumble Tots: \$40 / \$65  
Beginners: \$70 / \$95

