



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS

Must be registered for classes by the 1<sup>st</sup> of each month. We offer a \$10 discount (Early Bird Discount) for those that register by the 25<sup>th</sup> of the month prior to the month they are registering for.

## Parent/Tot Classes (Coed Walking- 2 years):

A 60 minute parent/tot class that promotes the bond between parent and child. Parents come out onto the floor with their child and participate in class. These classes consist of large and small motor development, hand eye coordination, beginning basic gymnastics, singing, climbing, jumping, socializing, and lots of fun!

Monday	<u>Monthly Tuition</u>
• 5:30-6:30	\$55-members
Thursday	\$75- nonmembers
• 3:45-4:45	

\$20 for each additional class

## Preschool (Coed 3 & 4 years):

A 60 minute class independent of the parent. Children experience gymnastics through obstacle course activities on the floor, uneven parallel bars, balance beams, and trampolines. Each class begins with group warm up and stretch time followed by the obstacle course activities and then finishes with a goodbye activity.

Monday	<u>Monthly Tuition</u>
• 5:30-6:30	\$55- members
Tuesday	\$75- nonmembers
• 3:45-4:45	
• 5:30-6:30	
Thursday	
• 3:45-4:45	

\$20 for each additional class

## Tumbling (Coed Ages 5 & up):

This class focuses just on tumbling skills. Skills that will be taught in the class range from forward rolls & backward rolls to handsprings & somersaults.

Tuesday	<u>Monthly Tuition</u>
• 3:45-4:45	\$55- members
Wednesday	\$75- nonmembers
• 4:30-5:30	

\$20 for each additional

## Recreational Classes (Coed Ages 5 & up):

The recreational class is a progressive program that follows USA- Gymnastics guidelines. Students start at Level 1 and progress up to Level 4 as they complete the required skills. Each level focuses on skill attainment as well as strength, flexibility, and coordination.

### Levels 1 - 4

Monday	Thursday
• 4:30-5:30	• 4:30-5:30
• 5:30-6:30	• 5:30-6:30
Tuesday	Friday
• 4:30-5:30	• 3:45-4:45
• 5:30-6:30	<u>Monthly Tuition</u>
Wednesday	\$55- members
• 3:45-4:45	\$75- nonmembers

\$20 for each additional class

## Recreational Boys (Boys Ages 5 & up):

Boys gymnastics is a difficult sport combining strength, quickness, and agility. Boys gymnastics provides the opportunity to compete in a number of events including floor, horizontal bars, parallel bars, pommel horse, rings, and vault.

Levels 1-4	<u>Monthly Tuition</u>
Thursday	\$55- members
• 5:30-6:30	\$75-nonmembers
Friday	
• 4:30-5:30	

\$20 for each additional class

## Recreational Cheerleading (Coed Ages 5 & up):

This class is a coed cheer and tumbling program for ages 5 and up. They will learn the basics of cheer and tumbling skills. All classes will learn stunts, movements, voice projection, and tumbling. Classes are taught with an emphasis on developing self esteem and self confidence.

Wednesday	<u>Monthly Tuition</u>
• 4:30-5:30	\$55- members
	\$75- nonmembers

\$10 Registration fee for first time gymnasts or after missing more than one month of classes.

\$10 Annual Registration paid each September by EVERY gymnast to cover cost of two exhibitions per year.

\*All classes are subject to cancellation if minimum requirement of 5 participants are not registered by the 1<sup>st</sup> of each month.



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## Birthday Parties:

Birthday parties are available on Saturdays. Each party is 90 minutes of fun while parents sit back and relax. The party includes one hour of gymnastics and games and 30 minutes for cake and presents. Parties must be finished and the area cleared within 2 hours from the beginning of the party. Parents are responsible for decorations and refreshments. \*Contact Kristen Morrison at 226-0133 for scheduling.

### 1<sup>st</sup> party

Set up time: 9:30-10:00  
Party time: 10:00-11:00  
Refreshments: 11:00-11:30

### 2<sup>nd</sup> party

Set up time: 12:00-12:30  
Party time: 12:30-1:30  
Refreshments: 1:30-2:00

### 3<sup>rd</sup> party

Set up time: 2:30-3:00  
Party time: 3:00-4:00  
Refreshments: 4:00-4:30

### 4<sup>th</sup> party

Set up time: 4:45-5:00  
Party time: 5:00-6:00  
Refreshments: 6:00-6:30

### Cost:

20 or less children: \$150 (two instructors will work)  
21-30 children: \$200 (three instructors will work)  
Additional \$10 charge per child (over 30 children)

## Boys Pre-Team (Invitation Only):

This class is designed for boys to smoothly transition from recreational to competitive gymnastics.

### Wednesday Monthly Tuition

- 4:00-5:30 \$75-members

### Friday

- 4:30-6:00

## Competitive Teams (Invitation/Try-Outs):

We offer competitive team for gymnastics. Participation on our competitive teams are by invitation and/or try-outs only. Our competitive girls team team is the Thomasville Twisters and our competitive boys team is the Thomasville Tornados.

## Adult Open Gym (Coed Ages 18 and up):

Adult Tumbling is a drop in session where former and new athletes can practice and regain their tumbling and fitness skills. This class can help with strength, flexibility and provide a fun way to workout. All beginner, intermediate and advanced adults are welcome.

### Wednesday

- 5:30-6:30 Cost/per class  
\$10.00- members  
\$15.00- nonmembers

## Frolic Days (Coed Ages 5 and under):

Frolic Days are a fun and relaxed environment for children ages 0-5 and their parents. Open play time with gymnastics circuits, pit play, trampolines, and more.

### Tuesday

- 10:00-11:30 Cost  
\$8.00/first child

### Friday

- 10:00-11:30 \$5.00/each  
additional child  
Free/under one

\*We also offer Frequent Frolic Cards. They are \$25 for 5 visits (a savings of \$15).

## Office Hours:

**Kristen Morrison – Gymnastics Director**

**kmorrison@ymca-thomasville.org**

Monday – Friday: 11:00am – 2:00pm

**Courtney Applewhite –**

**Assistant Gymnastics Director**

**capplewhite@ymca-thomasville.org**

Monday – Friday: 9:00am – 12:00pm

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