

# 2023 WINTER/SPRING GYMNASTICS



## Cooper YMCA

The Y offers a variety of gymnastics classes for children of all ages and abilities. From parent and child class to preschool to youth beginner and advanced level classes, find the perfect fit for your gymnast.

### Session Dates

Y Member Registration | January 10, March 7  
Community Member Registration | January 12, March 9

TUMBLING TYKES	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Tues	5:15-5:55 pm	\$38	\$76
LIVE Y'ERS	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Mon or Wed	5:15-5:55 pm	\$38	\$76
KINDERNASTICS	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Tues	6:00-6:40 pm	\$38	\$76
LEVEL 1	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Mon or Wed	6:00-7:00 pm	\$41	\$82
LEVEL 2	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Mon or Wed	7:05-8:05 pm	\$41	\$82
LEVEL 3	DAY OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Jan. 23 - Mar. 5 Mar. 20 - Apr. 30	Tues	6:45-7:45 pm	\$41	\$82

Community member participants will be asked to sign in at the Front Desk upon entry into the facility.  
\*Class times are subject to change. A minimum number of participants must be met to hold the class.

## PRESCHOOL CLASSES

### Tumbling Tykes | 18 Months-2 years old

Parents will guide participants, with the direction of an instructor through learning basic tumbling skills. In addition, they will learn social skills and develop a sense of hand-eye and large motor coordination through various activities.

### Live Y'ers | 3-4 years old

Participants will gain confidence as they independently learn basic tumbling skills and social skills. They will continue to grow their hand-eye and large motor coordination skills through various activities.

### Kindernastics | 4-5 years old

Participants will master the concepts of basic tumbling skills and techniques as they prepare for our youth gymnastics classes.

## SCHOOL-AGE CLASSES

### Ninja Gym | Ages 5-7

This class will work on how to safely fall, roll, and jump onto and over obstacles. Participants will work on balance, speed, agility, jumping, stretching, and kicking type skills.

### Level 1-Beginner | Ages 5+

Will start to learn and understand the proper technique and concepts of basic tumbling skills.

### Level 2-Advanced Beginner | Ages 5+

Advanced Beginner: Will master basic tumbling skills and start to gain confidence on more advanced skills that involve the high beam and bar.

### Level 3-Intermediate | Ages 5+

Will learn advanced tumbling skills on the floor and implement the skills on the beam.

## GYMNASTICS & DANCE CLINIC

### Ages 4-9

Join us for a creative and fun morning as we introduce and review skills from our dance and gymnastics programs. Children will give a performance at the end of clinic. This program will be led by experienced YMCA staff.

For examples of skills learned at each level, please visit our website [ymcalincoln.org](http://ymcalincoln.org).

## Registration Information

### What Should My Child Wear?

Your child does not need to wear a leotard to class - shorts and a t-shirt are fine. Most importantly, we want your child to wear something they can be comfortable and active in. It is best if your child is barefoot during class. Shoes on children can be too heavy while they complete skills, while socks alone do not provide enough traction.

### Lincoln YMCA Refund/Credit Policy

A requested refund three business days prior to the start day of any activity/class will be issued at 100% credit. A requested refund after this time period will not be issued for any reason, including but not limited to vacation, illness, injury, other activities, etc.

### Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.)

### Pickup/Drop Off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/guardians are responsible for making arrangements to pick up their child on time.



### Gymnastics Reminders:

- Restroom prior to start of class
- No spectators in classroom
- Cleaning between classes
- Hand sanitizer between rotations
- Avoid physical contact when providing positive reinforcement
- Please stay home when ill

Questions, comments, or concerns?  
Contact Rae Hobbs at 402-323-6418 or  
[rhobbs@ymcalincoln.org](mailto:rhobbs@ymcalincoln.org).