2026 FALL B GYMNASTICS

Fallbrook 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.

Registration Dates

Y Member Registration | September 30
Community Member Registration | October 2

TUMBLING TYKES	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Oct 20- Nov 17	Tuesday	5:00-5:40 pm	$39	$79
Oct 22 - Nov 19	Thursday	5:00-5:40 pm	$39	$79
Oct 24 - Nov 21	Saturday	9:00-9:40 am	$39	$79

LIVE Y'ERS	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Oct 20- Nov 17	Tuesday	6:35-7:15 pm	$39	$79
Oct 22 - Nov 19	Thursday	6:35-7:15 pm	$39	$79
Oct 24 - Nov 21	Saturday	9:45-10:25 am	$39	$79

KINDERNASTICS	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Oct 20- Nov 17	Tuesday	6:35-7:15 pm	$39	$79
Oct 22 - Nov 19	Thursday	6:35-7:15 pm	$39	$79
Oct 24 - Nov 21	Saturday	9:45-10:25 am	$39	$79

LEVEL I	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Oct 20- Nov 17	Tuesday	5:30-6:30 pm/7:20-8:20 pm	$43	$86
Oct 22 - Nov 19	Thursday	5:30-6:30 pm/7:20-8:20 pm	$43	$86
Oct 24 - Nov 21	Saturday	9:00-10:00 am/10:30-11:30 am	$43	$86

LEVEL II	DAYS OF THE WEEK	TIMES	Y MEMBER RATE	COMMUNITY MEMBER RATE
Oct 20- Nov 17	Tuesday	7:20-8:20 pm	$43	$86
Oct 22 - Nov 19	Thursday	7:20-8:20 pm	$43	$86
Oct 24 - Nov 21	Saturday	10:30-11:30 am	$43	$86

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 | Age 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.

Dance & Gymnastics 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 the clinic. This program will be led by experienced YMCA staff.

For examples of skills learned at each level, please visit our website 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. We recommend your child wear appropriate footwear in dance class. Tennis shoes or sneakers are fine for our older level hip hop class. For ballet/creative movement, children can wear socks or ballet slippers.

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:

- Please have your child use the restroom prior to class
- No spectators will be allowed in the classroom
- Please bring a water bottle to class
- Please stay home if your child is ill
- cleaning will take place between classes

Questions, comments, or concerns?
Contact Eden Shimon at 402-323-6443 or eshimon@ymcalincoln.org.