

# GYMNASTICS | MEYER CENTER

## PARENT/CHILD PRESCHOOL CLASSES

Give your child your undivided attention while they expend energy in a safe & organized manner. Children will learn through socializing, games & activities accompanied by a parent.

### PARENT TOT PLAY (AGES 1-2.5)

This class focuses on parental encouragement to help their child explore and practice movements that develop loco motor skills, body awareness activities and hand-eye coordination. (30 minutes; 10:1 ratio)

#### SUMMER 1

MON 9:15-9:45AM • TUES 10:00-10:30AM

FRI 10:00-10:30AM • FRI 7:00-7:30PM

#### SUMMER 2

WED 3:30-4:00PM • FRI 9:15-9:45AM

FRI 7:00-7:30PM

MEMBERS \$25 • NON-MEMBERS \$45

### STRUCTURED PARENT TOT (AGES 2-3)

This class is designed for the parent and child to learn together in a structured setting. The instructor will guide the parent to teach their child gymnastics skills while working on loco motor skills. (1 adult per child in class) (30 minutes; 8:1 ratio)

WED 10:00-10:30AM (SUMMER 1 ONLY)

SAT 12:15-12:45PM

MEMBERS \$25 • NON-MEMBERS \$45

## CHILD ONLY PRESCHOOL CLASSES

If your child is ready to SEPARATE from their parent for 30-45 minutes, then they are ready for a child only classes. The instructor leads the class through basic skills, songs & games that will help develop the physical, mental & social ability of the child. Note: It is suggested that parents watch class from the viewing area.

### EXPLORERS (AGES 2-3.5)

This class is an open gym for youngsters who want to explore the gymnastics center without a parent present.

Instructors will aid in exploring and provide games and group activities.

Children will get to experience age appropriate equipment, enjoy fun activities and games, and work on social skills. (30 minutes; 5:1 ratio)

#### SUMMER 1

TUES 9:15-9:45AM • WED 10:45-11:15AM

THURS 11:00-11:30AM • FRI 9:15-9:45AM

#### SUMMER 2

THURS 3:30-4:00PM • FRI 10:00-10:30AM

#### SUMMER 1 & 2

FRI 6:25-6:55PM • SAT 11:40AM-12:10PM

MEMBERS \$25 • NON-MEMBERS \$45

### BOUNCING TOTS (AGE 3 ONLY)

This class is designed for the young gymnasts at heart with no experience. Basic gymnastics skills and terms are taught while social skills are emphasized with activities that stress sharing, taking turns and following directions. (30 minutes; 5:1 ratio)

#### SUMMER 1 ONLY

MON 10:00-10:30AM • WED 9:15-9:45AM

THURS 10:15-10:45AM

#### SUMMER 1 & 2

MON 4:30-5:00PM • WED 5:00-5:30PM

FRI 10:45-11:15AM • FRI 5:45-6:15PM

SAT 12:15-12:45PM

MEMBERS \$25 • NON-MEMBERS \$45

### TUMBLE TOTS (AGE 4 ONLY)

This class is designed for the older preschooler that wants the added benefit of gymnastics, tumbling and trampoline in a fun and safe environment. Social skills are continually emphasized throughout the class. (45 minutes; 6:1 ratio)

SUMMER 1 ONLY: MON 10:45-11:30AM • TUES 10:45-11:30AM • THURS 9:15-10:00AM

SUMMER 1 & 2: TUES 4:00-4:45PM • WED 5:00-5:45PM • THURS 4:00-4:45PM

FRI 5:30-6:15PM • SAT 12:15-1:00PM

MEMBERS \$30 • NON-MEMBERS \$48

# GYMNASTICS | MEYER CENTER

## GIRLS PROGRESSIVE GYMNASTICS (AGES 5 & UP)

### ROLLERS

No experience? Rollers is a beginning developmental class which will lay the foundation on which all other progressive gymnastics skills are built. (50 minutes; 8:1 ratio)

**MON 4:00-4:50PM • MON 5:00-5:50PM**  
**TUES 10:30-11:20AM (SUMMER 1 ONLY)**  
**TUES 4:00-4:50PM • TUES 5:00-5:50PM**  
**TUES 6:00-6:50PM • WED 4:00-4:50PM**  
**THURS 5:00-5:50PM • FRI 4:30-5:20PM**  
**SAT 12:50-1:40PM**  
**MEMBERS \$32 • NON-MEMBERS \$50**

### SWINGERS

Gymnast must be able to do forward and backward rolls, handstand & cartwheel on the floor, front support rolldown on bars, and walk in releve' in all directions on beam. (50 minutes; 8:1 ratio)

**MON 9:45-10:35AM (SUMMER 1 ONLY)**  
**MON 4:00-4:50PM • MON 5:00-5:50PM**  
**TUES 4:00-4:50PM • TUES 6:00-6:50PM**  
**TUES 7:00-7:50PM • WED 4:00-4:50PM**  
**THURS 4:00-4:50PM • THURS 5:00-5:50PM**  
**FRI 4:30-5:20PM • SAT 12:50-1:40PM**  
**MEMBERS \$32 • NON-MEMBERS \$50**

**BIRTHDAY PARTIES & RENTALS ARE AVAILABLE UPON REQUEST. PLEASE SEE PAGES 46 & 47 FOR MORE INFORMATION OR CALL 618.655.1460 TO RESERVE YOUR PARTY TODAY!**

### GLIDERS

Gymnast must be able to do a backbend and bridge kickover on floor, pullover unassisted on bars, and front support mount and tuck jump on beam. (60 minutes; 8:1 ratio)

**MON 4:00-5:00PM • TUES 6:00-7:00PM**  
**TUES 7:00-8:00PM • THURS 4:00-5:00PM**  
**SAT 10:30-11:30AM**  
**MEMBERS \$36 • NON-MEMBERS \$60**

### KIPPERS

Gymnast must be able to do a handstand forward roll and backbend kickover on floor, 2 legged pullover and backhip circle on bars, whip up mount, handstand and cartwheel to handstand on beam. (70 minutes; 8:1 ratio)

**TUES 5:50-7:00PM • TUES 7:00-8:10PM**  
**WED 4:00-5:10PM • SAT 10:30-11:40AM**  
**MEMBERS \$40 • NON-MEMBERS \$65**

### MIGHTY MITES (AGES 5-6)

This special advanced class focuses on Swinger skills for gymnasts that have shown good flexibility, strength, listening skills, and good concepts of body awareness. Mighty Mites meets twice a week. **MUST BE DIRECTOR APPROVED.**

(60 minutes X 2 days; 6:1 ratio)  
**MON 5:00-6:00PM & WED 5:30-6:30PM**  
**MEMBERS \$61 • NON-MEMBERS \$83**

## GYMNASTICS SPECIALTY CLASSES

### YMCA GYMNASTICS TEAM

This recreational team practices year round and competes throughout the states of Illinois and Missouri in the USAG levels 2-8. Team spirit, sportsmanship and self-esteem are emphasized. **MUST BE DIRECTOR APPROVED**

### SPECIAL NEEDS GYMNASTICS CLASS

This class is designed for children that have special needs and would like a much smaller teacher/student ratio. Please call for more information.

**SUNDAYS 10:30-11:15AM • 11:30AM-12:15PM • 12:30-1:15PM**

### OPEN GYM (AGES 5-17)

Come practice your overall skills, or spend time on your favorite equipment. **MUST BE CURRENTLY ENROLLED IN PROGRESSIVE CLASSES** and be 5 years of age or older. Must be registered at least 2 hours in advance.

**FRIDAY 3:30-4:30PM • 7:45-8:45PM • MEMBERS \$4 • NON-MEMBERS \$8**

# GYMNASTICS | MEYER CENTER

## GIRLS & BOYS TUMBLING & TRAMPOLINE

### BEGINNING TUMBLING/TRAMP COMBO (AGES 5-11)

This is a beginner class for those with little or no experience. In this class the participants will work on forward and backward rolls, handstands, cartwheels and bridges on floor. On trampoline they will learn a variety of jumps and safety falls. (50 minutes; 8:1 ratio)

**MON 4:00-4:50PM • TUES 5:00-5:50PM  
WED 5:30-6:20PM • THURS 4:00-4:50PM  
FRI 4:30-5:20PM • SAT 12:50-1:40PM  
MEMBERS \$32 • NON-MEMBERS \$50**

### NOVICE TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed beginning tumble/tramp combo or have mastered the skills in a beginning tumble/tramp class. In this class they will work on cartwheels, rounds offs, back walkovers, handstand skills and dive rolls. On trampoline they will learn combination skills including front flips. (50 minutes; 8:1 ratio)

**MON 6:00-6:50PM • TUES 4:00-4:50PM  
WED 4:00-4:50PM • THURS 5:00-5:50PM  
SAT 12:50-1:40PM  
MEMBERS \$32 • NON-MEMBERS \$50**

### TEENS ONLY (AGES 12+)

### TEEN BASIC TUMBLE/TRAMP COMBO

Designed for those with little or no experience in tumbling and trampoline. (60 minutes; 8:1 ratio)

**TUES 9:00-10:00PM  
MEMBERS \$36 • NON-MEMBERS \$60**

### TEEN INTERMEDIATE TUMBLE/TRAMP COMBO

This class is designed for those who have mastered the basic tumbling and trampoline class. (60 minutes; 8:1 ratio)

**THURS 9:00-10:00PM  
MEMBERS \$36 • NON-MEMBERS \$60**

### TEEN ADVANCED TUMBLE/TRAMP COMBO

This class is designed for those who have mastered the intermediate tumbling and trampoline class. (60 minutes; 8:1 ratio)

**THURS 9:00-10:00PM  
MEMBERS \$36 • NON-MEMBERS \$60**

### INTERMEDIATE TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed novice tumble/tramp combo or have mastered the skills in a novice tumble/tramp class. In this class they will work on front limbers, back handsprings, and front handsprings. On trampoline they will learn combination skills including back flips. (60 minutes; 8:1 ratio)

**MON 5:00-6:00PM • TUES 5:00-6:00PM  
WED 6:00-7:00PM • SAT 10:30-11:30AM  
MEMBERS \$36 • NON-MEMBERS \$60**

### ADVANCED TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed intermediate tumble/tramp combo. They must have mastered a back and front handspring on floor. In the class they will work on back handspring series and flips. On trampoline they will learn combination flips and other advanced skills. (60 minutes; 8:1 ratio)

**WED 6:00-7:00PM • FRI 4:30-5:30PM  
MEMBERS \$36 • NON-MEMBERS \$60**

## SPECIALTY TUMBLING & TRAMPOLINE

### TUMBLE/TRAMP PRE-TEAM (AGES 3-6)

A special invite only introduction to our tumble/tramp team. In this class they will learn the basics of tumbling, trampoline, & double-mini & begin to work on skills that will ready them for competition. (60 minutes; 6:1 ratio)

**TUES OR THURS 5:00-6:00PM  
MEMBERS \$36 • NON-MEMBERS \$60  
TUES & THURS 5:00-6:00PM  
MEMBERS \$61 • NON-MEMBERS \$83**

### TUMBLING & TRAMPOLINE TEAM

This recreational team practices year round and competes throughout the states of Illinois and Missouri with USTA & AAU. Team spirit, sportsmanship and self-esteem are emphasized. Class days vary depending on level.

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## CHEERLEADING PROGRAM

### **BEGINNER CHEER/TUMBLE COMBO (AGES 3-5)**

This class is for the future cheerleader. The students will learn the basics of cheer, including jumps, motions & tumbling. (60 minutes; 6:1 ratio)

**TUES 5:00-6:00PM**

**MEMBERS \$36 • NON-MEMBERS \$60**

### **INTERMEDIATE CHEER (AGES 6+)**

This class is an introduction to cheerleading. Students will learn the fundamentals of stunting (non-release), motions and jumps. They will be taught cheers and chants that will help advance them to the next level of cheer. **CHEER SHOES ARE A REQUIREMENT.**

**MEYER BONUS ROOM UPSTAIRS**

**WED 5:00-6:00PM**

**MEMBERS \$36 • NON-MEMBERS \$60**

### **ADVANCED CHEER**

**MUST BE APPROVED BY DIRECTOR.** This class is for the more experienced cheerleader. We will focus on tumbling as well as perfecting our basic cheer skills and developing more advanced skills. **CHEER SHOES ARE A REQUIREMENT.**

**MEYER BONUS ROOM UPSTAIRS**

**WED 6:00-7:30PM**

**MEMBERS \$60 • NON-MEMBERS \$90**



## **OUR GYMNASTICS & DANCE COMBO CLASS WILL RETURN THIS FALL!!**

**(AGES 3-5)**

This class gives your child the opportunity to take gymnastics and dance. Class will participate in 30 minutes of gymnastics and 30 minutes of ballet.