

PRESCHOOL GYMNASTICS

PARENT/CHILD PRESCHOOL CLASSES

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

PARENT TOT
MON 9:15 - 9:45AM • D
TUES 5:45 - 6:15PM • U
WED 9:15 - 9:45AM • D
WED 6:30 - 7:00PM • U
FRI 9:15 - 9:45AM • D
FRI 6:30 - 7:00PM • U
SAT 10:00 - 10:30AM • U

**STRUCTURED
PARENT TOT**
MON 10:00 - 10:30AM • D
TUES 9:15 - 9:45AM • D
THURS 4:45 - 5:15PM • U
SAT 9:15 - 9:45AM • U

D = DOWNSTAIRS
U = UPSTAIRS

PARENT TOT PLAY (AGES 1 - 2.5)

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 min.; 10:1 ratio) **MEYER**
MEMBERS \$46 • NON-MEMBERS \$72

STRUCTURED PARENT TOT (AGES 2 - 3)

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 min.; 8:1 ratio) **MEYER**
MEMBERS \$46 • NON-MEMBERS \$72

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 class. Instructor lead classes that will help develop the physical, mental & social ability through basic skills, songs & games.

WE SUGGEST THAT PARENTS WATCH CLASS FROM THE VIEWING AREA & NOT ENTER THE GYM.

EXPLORERS

MON 9:15 - 9:45AM • U
MON 10:00 - 10:30AM • U
MON 4:00 - 4:30PM • U
TUES 9:15 - 9:45AM • U
TUES 6:15 - 6:45PM • U
WED 9:15 - 9:45AM • U
WED 4:00 - 4:30PM • U
THURS 9:15 - 9:45AM • U
THURS 10:00 - 10:30AM • U
FRI 10:00 - 10:30AM • U
FRI 6:00 - 6:30PM • U
SAT 10:45 - 11:15AM • U

BOUNCING TOTS

MON 6:30 - 7:00PM • U
TUES 11:30AM - NOON • D
TUES 4:00 - 4:30PM • U
WED 10:00 - 10:30AM • D
WED 4:45 - 5:15PM • U
THURS 5:30 - 6:00PM • U
FRI 10:00 - 10:30AM • D
FRI 4:30 - 5:00PM • U
SAT 11:30AM - NOON • U

TUMBLE TOTS

MON 10:45 - 11:30AM • D
MON 5:30 - 6:15PM • U
TUES 10:45 - 11:30AM • D
TUES 4:45 - 5:15PM • U
WED 5:30 - 6:15PM • U
THURS 10:45 - 11:30AM • D
THURS 6:15 - 7:00PM • U
FRI 5:00 - 5:45PM • U
SAT NOON - 12:45PM • U

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 min.; 5:1 ratio) **MEYER**

MEMBERS \$46 • NON-MEMBERS \$72

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 min.; 5:1 ratio) **MEYER**
MEMBERS \$46 • NON-MEMBERS \$72

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 min.; 6:1 ratio) **MEYER**
MEMBERS \$55 • NON-MEMBERS \$82

NINJA WARRIOR



NINJA WARRIOR (AGES 2, 3-4, & 5+)



TINY NINJAS (2 YR OLDS)

UPSTAIRS GYM
MON 4:45 - 5:15PM
TUES 10:00 - 10:30AM
TUES 10:45 - 11:15AM
WED 10:00 - 10:30PM
FRI 10:45 - 11:15AM

LIL NINJAS (AGES 3-4)

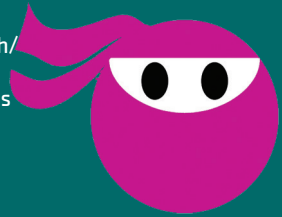
UP OR DOWNSTAIRS GYM
TUES 10:00 - 10:30AM • D
WED 10:45 - 11:15AM • D
THURS 4:00 - 4:30PM • U
FRI 10:45 - 11:15AM • D

NINJA TRAINING (AGES 5+)

DOWNSTAIRS GYM
FRI 6:30-7:20PM
SAT 2:00 - 2:50PM



In our Ninja Warrior Program, kids will focus on coordination/footwork, grip strength, speed, agility, balance, general strength/stamina, and mobility. Our program provides children with the foundation of ninja warrior training through proper progressions in a safe environment. **MEYER MEMBERS \$63 • NON-MEMBERS \$97**



OPEN GYMS

MUST HAVE WAIVER ON FILE TO PARTICIPATE!

MEMBERS \$4 • NON-MEMBERS \$8

PUNCHCARDS (MUST PRESENT)

MEMBERS \$20 • NON-MEMBERS \$40

BABY & ME OPEN GYM (AGES 0 - 2)

Parents enjoy some quite play time with your little ones. Explore what our upstairs Preschool Gym has to offer!

TUES 11:30AM - NOON • WED 10:45 - 11:15AM

FRI 9:15 - 9:45AM • ALL IN MEYER UPSTAIRS GYM

LITTLE OPEN GYM (AGES BELOW)

Parents drop-off your preschoolers to our open gym for some free play time!

AGES 2-5: TUES NOON - 12:30PM • DOWNSTAIRS GYM

AGES 2-4: THURS 10:45 - 11:15AM • UPSTAIRS GYM

OPEN PARENT PLAY (AGES 2 - 5)

Parents enjoy some play time with your preschoolers. ***Please Note:** Parent Must Be Present In The Gym.

FRI 11:30AM - NOON • DOWNSTAIRS GYM

REC. OPEN GYM (AGES 5 - 17)

Come practice your overall skills, or spend time on your favorite equipment.

FRI 3:30 - 4:30PM • 7:30 - 8:30PM • DOWNSTAIRS GYM

TEEN/ADULT OPEN GYM *NEW* (AGES 16+)

This is the perfect time to practice new and old skills in the large gym. Featuring the tumble track, trampoline, spring floor and foam pit!

THURS 9:00 - 10:00PM • DOWNSTAIRS GYM

\$10 AT THE FRONT DESK



**HAVE YOUR
BIRTHDAY
PARTY HERE!**

**SEE PAGE 47 FOR
MORE INFO OR CALL
618.659.7876 TO
RESERVE YOUR PARTY!**



GYMNASTICS

PROGRESSIVE GYMNASTICS (AGES 5 & UP) DOWNSTAIRS GYM

ROLLERS

MON 11:45AM - 12:35PM
MON 4:00 - 4:50PM
MON 5:00 - 5:50PM
TUES 4:00 - 4:50PM
TUES 6:00 - 6:50PM
WED 4:00 - 4:50PM
WED 5:00 - 5:50PM
THURS 11:30AM - 12:20PM
FRI 4:30 - 5:20PM
FRI 5:30 - 6:20PM
SAT 10:30 - 11:20AM
SAT 11:30AM - 12:20PM

SWINGERS

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
FRI 4:30 - 5:20PM
FRI 5:30 - 6:20PM
SAT 11:30AM - 12:20PM

GLIDERS

MON 4:00 - 5:00PM
TUES 6:00 - 7:00PM
WED 6:00 - 7:00PM
FRI 5:30 - 6:30PM
SAT 12:30 - 1:30PM

KIPPERS

TUES 5:00 - 6:10PM
TUES 7:00 - 8:10PM
WED 4:00 - 5:10PM
FRI 5:30 - 6:40PM
SAT 12:30 - 1:40PM

SPECIAL NEEDS

SUN 10:30 - 11:15AM
SUN 11:30AM - 12:15PM

ROLLERS

No experience? Rollers is a beginning developmental class which will lay the foundation on which all other progressive gymnastics skills are built. (50 min.; 8:1 ratio) **MEYER MEMBERS \$57 • NON-MEMBERS \$87**

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 min.; 8:1 ratio) **MEYER MEMBERS \$57 • NON-MEMBERS \$87**

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 min.; 8:1 ratio) **MEYER MEMBERS \$63 • NON-MEMBERS \$97**

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 min.; 8:1 ratio) **MEYER MEMBERS \$66 • NON-MEMBERS \$100**

SPECIALTY OFFERINGS

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.** (75 min. X 2 days; 6:1 ratio) **MON & WED 5:00 - 6:15PM • MEYER MEMBERS \$115 • NON-MEMBERS \$145**

SPECIAL NEEDS/ADAPTIVE GYMNASTICS

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

GYMNASTICS TEAM TRIAL

Designed for the gymnast who wants to try team without the year-long commitment. Please contact director for information on days/times. **MUST BE DIRECTOR APPROVED • MEYER MEMBERS \$100 • NON-MEMBERS \$120**

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 • MEYER

SEE PAGE 26 FOR GYMNASTICS/DANCE COMBO

TUMBLING & TRAMPOLINE

TUMBLING & TRAMPOLINE (AGES 5 - 11) DOWNSTAIRS GYM

BEGINNER T/T

MON 4:00 - 4:50PM
MON 6:00 - 6:50PM
TUES 5:00 - 5:50PM
WED 5:00 - 5:50PM
FRI 4:30 - 5:20PM
SAT 10:30 - 11:20AM
SAT 12:30 - 1:20PM

NOVICE T/T

MON 6:00 - 6:50PM
TUES 4:00 - 4:50PM
WED 4:00 - 4:50PM
WED 5:00 - 5:50PM
FRI 5:30 - 6:20PM
SAT 12:30 - 1:20PM

INTERMEDIATE T/T

MON 5:00 - 6:00PM
TUES 5:00 - 6:00PM
WED 6:00 - 7:00PM
FRI 5:30 - 6:30PM
SAT 11:30AM - 12:30PM

ADVANCED T/T

WED 6:00 - 7:00PM
FRI 4:30 - 5:30PM

BEGINNING TUMBLING/TRAMP COMBO

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 min.; 8:1 ratio) • MEYER MEMBERS \$57 • NON-MEMBERS \$87

NOVICE TUMBLE/TRAMP COMBO

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 min.; 8:1 ratio) • MEYER MEMBERS \$57 • NON-MEMBERS \$87

INTERMEDIATE TUMBLE/TRAMP COMBO

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 min.; 8:1 ratio) • MEYER MEMBERS \$63 • NON-MEMBERS \$97

ADVANCED TUMBLE/TRAMP COMBO

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 min.; 8:1 ratio) • MEYER MEMBERS \$63 • NON-MEMBERS \$97

SPECIALTY OFFERINGS

TUMBLE/TRAMP TEAM TRIAL

Designed for the tumbler who want to try team without the year-long commitment. Please contact director for information on days/times. **MUST BE DIRECTOR APPROVED. • MEYER MEMBERS \$100 • NON-MEMBERS \$120**

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.

MUST BE DIRECTOR APPROVED. • MEYER

