

PRESCHOOL GYMNASSTICS | MEYER

PRESCHOOL GYM (UPSTAIRS GYM)

PARENT TOT

MON 9:15 – 9:45AM
TUES 4:45 – 5:15PM
WED 6:30 – 7:00PM
FRI 9:15 – 9:45AM
SAT 10:00 – 10:30AM

BOUNCING TOTS

MON 6:30 – 7:00PM
TUES 4:00 – 4:30PM
WED 10:00 – 10:30AM
THURS 10:00 – 10:30AM
THURS 5:30 – 6:00PM
FRI 4:45 – 5:15PM
SAT NOON – 12:30PM

STRUCTURED

PARENT TOT

MON 10:00 – 10:30AM
WED 9:15 – 9:45AM
THURS 4:45 – 5:15PM
SAT 9:15 – 9:45AM

TUMBLE TOTS

MON 10:45 – 11:30AM
MON 5:30 – 6:15PM
TUES 10:45 – 11:30AM
TUES 5:30 – 6:15PM
WED 5:30 – 6:15PM
THURS 10:45 – 11:30AM
SAT NOON – 12:45PM

EXPLORERS

MON 4:00 – 4:30PM
TUES 9:15 – 9:45AM
WED 4:45 – 5:15PM
THURS 9:15 – 9:45AM
FRI 6:30 – 7:00PM
SAT 10:45 – 11:15AM

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 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 min.; 10:1 ratio)

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 min.; 8:1 ratio)

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.

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

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)

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 min.; 5:1 ratio)

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 min.; 6:1 ratio)

MEMBERS \$30 • NON-MEMBERS \$48

the

YMCA

SPECIALTY OFFERINGS

MEMBERS \$4 • NON-MEMBERS \$8 • PUNCHCARDS: MEMBERS \$20 • NON-MEMBERS \$40
(MUST PRESENT YOUR PUNCHCARD)

BABY & ME OPEN GYM

TUES 11:30AM - NOON
WED 11:30AM - NOON

BABY & ME OPEN GYM *NEW* (AGES 0 - 2) NEW PRESCHOOL GYM UPSTAIRS

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

OPEN PARENT PLAY

FRI 11:30AM - NOON

OPEN PARENT PLAY *NEW* (AGES 2 - 4)

Parents enjoy some play time with your preschoolers in our all NEW gym!

***Please Note:** Parent Must Be Present In The Gym.

NEW BIRTHDAY PARTY RENTAL (AGES 1 - 4)

What better way to have fun with your little ones exploring the new preschool gym, jumping into the foam pit or bouncing on a trampoline? Come join the fun with parties designed especially for younger children! You get private access to the Preschool Gym and Viewing Area!

MEYER UPSTAIRS PRESCHOOL GYMNASTICS ROOM

LENGTH OF PARTY: 1 HOUR 30 MINUTES

SAT 1:00 - 2:30PM • 3:00 - 4:30PM • 5:00 - 6:30PM

MEMBER \$150 • NON-MEMBER \$175

PAID LITTLE GYMNASTS: 10 • ADD GYMNAST RATE: \$5 EACH

ADD GYMNAST LIMIT: 15 MAX



SUMMER RENTAL TIMES

MON - FRI 1:00 - 3:50PM

Please call Gymnastics Director for more info!

NINJA WARRIOR

TINY NINJAS
(2 YR OLDS)
UPSTAIRS GYM

MON 4:45 - 5:15PM
TUES 10:00 - 10:30AM
WED 4:00 - 4:30PM
FRI 10:00 - 10:30AM
FRI 5:30 - 6:00PM
SAT 11:30AM - NOON

LIL NINJAS
(AGES 3-4)
UPSTAIRS GYM

WED 10:45 - 11:15AM
THURS 4:00 - 4:30PM
FRI 10:45 - 11:15AM

NINJA TRAINING
(AGES 5+)
DOWNSTAIRS GYM

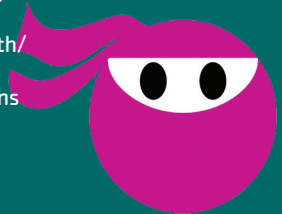
FRI 6:30-7:20PM
SAT 2:00 - 2:50PM



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

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.

MEMBERS \$36 • NON-MEMBERS \$60



GYMNASTICS | DOWNSTAIRS GYM

PROGRESSIVE GYMNASTICS (AGES 5 & UP)

ROLLERS

MON 4:00 - 4:50PM
MON 5:00 - 5:50PM
TUES 4:00 - 4:50PM
WED 4:00 - 4:50PM
WED 5:00 - 5:50PM
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)

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 min.; 8:1 ratio)

MEMBERS \$32 • NON-MEMBERS \$50

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)

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 min.; 8:1 ratio)

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 min. X 2 days; 6:1 ratio)

MON & WED 5:00 - 6:00PM

MEMBERS \$61 • NON-MEMBERS \$83

HAVE YOUR BIRTHDAY PARTY HERE!

SEE PAGES 46 & 47 FOR MORE INFO OR CALL 618.659.7876 TO RESERVE YOUR PARTY!

SPECIALTY OFFERINGS

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/ADAPTIVE GYMNASTICS

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



TUMBLING & TRAMPOLINE | MEYER

TUMBLING & TRAMPOLINE (AGES 5 - 11)

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)

MEMBERS \$32 • NON-MEMBERS \$50

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)

MEMBERS \$32 • NON-MEMBERS \$50

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)

MEMBERS \$36 • NON-MEMBERS \$60

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)

MEMBERS \$36 • NON-MEMBERS \$60

SPECIALTY OFFERINGS

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 min.; 6:1 ratio)

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.

CLASS PARTICIPANTS OPEN GYM

FRI 3:30 - 4:30PM
FRI 7:30 - 8:30PM

OPEN GYM (AGES 5 - 17)

Come practice your overall skills, or spend time on your favorite equipment. Must be currently enrolled in gymnastics or tumbling classes.

MEMBERS \$4 • NON-MEMBERS \$8

PUNCHCARDS: MEMBERS \$20 • NON-MEMBERS \$40