

# GYMNASTICS | MEYER CENTER

## PRESCHOOL

### PARENT TOT

MON 9:15 - 9:45AM  
WED 9:15 - 9:45AM  
WED 6:00 - 6:30PM  
FRI 9:15 - 9:45AM  
FRI 7:00 - 7:30PM

### EXPLORERS

TUES 9:15 - 9:45AM  
THURS 9:15 - 9:45AM  
FRI 10:00 - 10:30AM  
FRI 6:25 - 6:55PM  
SAT 10:30 - 11:00AM

### BOUNCING TOTS

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

### TUMBLE TOTS

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

### STRUCTURED PARENT TOT

MON 10:00 - 10:30AM • SAT 11:00 - 11:30AM

## 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 min.; 10:1 ratio)

**MEMBERS \$40 • NON-MEMBERS \$65**

### 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 \$40 • NON-MEMBERS \$65**

## 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 \$40 • NON-MEMBERS \$65**

### 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 \$40 • NON-MEMBERS \$65**

### 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 \$48 • NON-MEMBERS \$72**

**PRESCHOOL  
OPEN GYM  
TUES NOON - 12:30PM**

### OPEN GYM (AGES 2 - 5)

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

**MEMBERS \$4 • NON-MEMBERS \$8**

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

# GYMNASTICS

## PROGRESSIVE GYMNASTICS (AGES 5 & UP)

### ROLLERS

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

### SWINGERS

MON 4:00 - 4:50PM  
MON 5:00 - 5:50PM  
TUES 7:00 - 7:50PM  
WED 4:00 - 4:50PM  
WED 7:00 - 7:50PM  
THURS 4:00 - 4:50PM  
THURS 5:00 - 5:50PM  
FRI 4:30 - 5:20PM  
SAT NOON - 12:50PM

### GLIDERS

MON 4:00 - 5:00PM  
TUES 6:00 - 7:00PM  
TUES 7:00 - 8:00PM  
WED 7:00 - 8:00PM  
THURS 4:00 - 5:00PM  
SAT 1:00 - 2:00PM

### KIPPERS

TUES 5:50 - 7:00PM  
TUES 7:00 - 8:10PM  
WED 4:00 - 5:10PM  
THURS 4:00 - 5:10PM  
SAT 1:00 - 2:10PM

### 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 \$50 • NON-MEMBERS \$80**

### 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 \$50 • NON-MEMBERS \$80**

### 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 \$55 • NON-MEMBERS \$85**

### 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 \$58 • NON-MEMBERS \$88**

### 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 \$90 • NON-MEMBERS \$120**

**HAVE YOUR BIRTHDAY PARTY HERE!  
SEE PAGES 46 & 47 FOR MORE INFO OR CALL  
618.655.1460 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.

**SEE PAGE 25 FOR GYMNASTICS/DANCE COMBO**

### CLASS PARTICIPANTS OPEN GYM

FRI 3:30 - 4:30PM  
FRI 7:45 - 8:45PM

### OPEN GYM (AGES 5 - 17)

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

**MEMBERS \$4 • NON-MEMBERS \$8  
PUNCHCARDS: MEMBERS \$20 • NON-MEMBERS \$40**

# TUMBLING & TRAMPOLINE | MEYER

## TUMBLING & TRAMPOLINE

### BEGINNER T/T

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

### NOVICE T/T

MON 6:00 - 6:50PM  
TUES 4:00 - 4:50PM  
WED 4:00 - 4:50PM  
THURS 5:00 - 5:50PM  
SAT 1:00 - 1:50PM

### INTERMEDIATE T/T

MON 5:00 - 6:00PM  
TUES 5:00 - 6:00PM  
WED 6:30 - 7:30PM  
SAT NOON - 1:00PM

### ADVANCED T/T

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

### TEEN

INTERMEDIATE T/T  
THURS 9:00 - 10:00PM

### TEEN

ADVANCED T/T  
THURS 9:00 - 10:00PM

### 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 min.; 8:1 ratio)

**MEMBERS \$50 • NON-MEMBERS \$80**

### 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 min.; 8:1 ratio)

**MEMBERS \$50 • NON-MEMBERS \$80**

### TEEN INTERMEDIATE TUMBLE/TRAMP COMBO

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

**THURS 9:00 - 10:00PM**

**MEMBERS \$55 • NON-MEMBERS \$85**

### 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 min.; 8:1 ratio)

**MEMBERS \$55 • NON-MEMBERS \$85**

### 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 min.; 8:1 ratio)

**MEMBERS \$55 • NON-MEMBERS \$85**

### TEEN ADVANCED TUMBLE/TRAMP COMBO

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

**THURS 9:00 - 10:00PM**

**MEMBERS \$55 • NON-MEMBERS \$85**

## 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 OR THURS 5:00 - 6:00PM • MEMBERS \$55 • NON-MEMBERS \$85**

**TUES & THURS 5:00 - 6:00PM • MEMBERS \$90 • 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.

# NEW OFFERINGS

## CHEERLEADING

**PEEWEE**  
TUES 5:00 - 5:45PM

**BEGINNER**  
WED 5:00 - 5:50PM

**INTERMEDIATE/ADVANCED**  
SAT NOON - 1:00PM

### BASKETBALL SIDELINE

3<sup>RD</sup> - 4<sup>TH</sup> MON & THURS 5:00 - 6:30PM • 5<sup>TH</sup> - 6<sup>TH</sup> MON & THURS 6:30 - 8:00PM

#### PEEWEE CHEER

(AGES 3 - 4)

This class is for the future cheerleader. The students will learn the basics of cheer, including jumps, motions & tumbling.

**MEMBERS \$48**  
**NON-MEMBERS \$72**

#### BEGINNER CHEER

(AGES 5 - 7)

This class focuses on tumbling, cheers, chants, jumps and introduces beginner stunting.

**TENNIS SHOES REQUIRED.**  
**MEMBERS \$48**  
**NON-MEMBERS \$72**

#### INTERMEDIATE & ADVANCED CHEER

(AGES 8+)

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 REQUIRED.**  
**MEMBERS \$55**  
**NON-MEMBERS \$85**

### BASKETBALL SIDELINE CHEER (3<sup>RD</sup> - 4<sup>TH</sup> & 5<sup>TH</sup> - 6<sup>TH</sup>)

This **NEW** program is a great introductory program for beginners as well as girls who are already familiar with the sport. The basics of cheerleading are covered the first 3 weeks of the season during practices with our AACCA certified staff. The last 6 weeks, in addition to practice twice a week, parents get to watch their girls perform as they start showing off their newly learned skills & routines during Saturday games including half time performances. These are instructional teams for girls looking to improve their cheerleading skills.

**REGISTRATION: NOV. 27<sup>TH</sup> - JAN. 14<sup>TH</sup>**  
**PRACTICE BEGINS: WEEK OF JAN. 29<sup>TH</sup>**  
**LEAGUE DATES: FEB. 17<sup>TH</sup> - MARCH 24<sup>TH</sup>**  
**MEMBERS \$90 • NON-MEMBERS \$110**



### TEEN CHEER/TUMBLE OPEN GYM

MON 3:00 - 4:00PM  
THURS 2:00 - 4:00PM

**MEMBERS \$4 • NON-MEMBERS \$8 • PUNCHCARDS: MEMBERS \$20 • NON-MEMBERS \$40**

### OPEN GYM (AGES: Teen: Middle/High School)

Individuals or Teams in Middle or High School Cheer that need more room or coaches for hands on practice. Our AACCA certified coaches will always be at open gym to assist with skills and stunts.



## NINJA WARRIOR



**LIL NINJAS (AGES 2-5)**  
TUES 10:00 - 10:30AM  
WED 10:45 - 11:15AM  
FRI 10:45 - 11:15AM

**NINJA TRAINING (AGES 5+)**  
SAT 2:00 - 2:50PM

**TEENS ONLY NINJA T/T (AGES 13+)**  
TUES 9:00 - 9:50PM

### NINJA WARRIOR PROGRAM \*NEW\* (AGES 2-5, 5+, 13+)

In our Junior Ninja Warrior Program, kids will focus on coordination/footwork, grip strength, speed, agility, balance, general strength/stamina, and mobility. Our program provides our athletes with the foundation of ninja warrior training through proper progressions in a safe environment.

**MEMBERS \$55 • NON-MEMBERS \$85**