



MONROE COUNTY YMCA

Gymnastics Center
next to SE Branch
1917 S. Highland Ave.
Bloomington IN 47401
812-961-2187

Questions? Contact Michelle Stroud, 812-961-2187
or email mstroud@monroecountyyymca.org.

Prices are listed for members/non-members

GYMNASTICS CENTER

PROGRESSIVE GYMNASTICS AND SPECIALTY CLASSES

WINTER/SPRING 2017

If the class you want is full, please put your child on
the waitlist. When possible we will open more classes.

BRONZE (level 1) Age 6-14 \$38/\$55

This class is for beginners focusing on fundamentals such as cartwheels, handstands, bridges, and basic shapes on floor. They will also learn fundamental skills on beam, uneven bars, and vault.

M	4:30-5:30 pm
	5:40-6:40 pm
T	5:00-6:00 pm
	6:10-7:10 pm
W	4:30-5:30 pm
	5:45-6:45 pm
Th	4:30-5:30 pm
	5:40-6:40 pm
S	11:15 am-12:15 pm

SILVER (level 2) \$60/\$86

GOLD (level 3) \$60/\$86

PLATINUM (level 4) \$60/\$86

In levels 2, 3, and 4 students will be working toward mastering intermediate and advanced gymnastics skills. Staff approval required for placement in all three levels.

M	5:30-7:30 pm
T	4:30-6:30 pm
W	5:00-7:00 pm
Th	5:30-7:30 pm
Sat	10:45 am-12:45 pm

Not sure which level to register for? Contact Michelle Stroud for placement options. mstroud@monroecountyyymca.org

TEAM PREP CLASS- This class option will return in April.

Monroe County YMCA Aerials Competition team: First team assessment of 2017 will be held Sunday January 22nd from 3-4pm. This is for any child who is 6 years of age through 18 years of age (not yet graduated from high school) who is interested in competing with our Aerials Gymnastics Team for our 2017/2018 competitive season. An informational meeting will be held from 2:30-3pm for parents.

Session 1: January 9 - February 19

Session 2: February 20 - April 9

Session 3: April 10 - May 21

TUMBLING (Age 7-10) \$38/\$55

With a focus on tumbling, students will work through drill stations to strengthen skills that they individually need to master.

A minimum of a round off is needed to register for this class.

M	7:30-8:30 pm
T	6:40-7:40 pm

COMPLETE TUMBLING (Age 11-18) \$42/60

This is an intermediate/advanced level tumbling class coached by Michelle Stroud. Participants must have a back handspring-no exceptions. Skills we will focus on (based on preference and level of participants): Aerials, Back tucks, running tumbling up to fulls.

Sun	4:15-5:30 pm
-----	--------------

OPEN GYM (Ages 6 and older) Per person: \$4/\$9

Non-instructional- supervised gym time. Participants must have waivers on file and sign a gym rules agreement. **First weekend of each month is FREE for YMCA members!**

F	6:00 pm-8:00 pm
Sun	1:00 pm-3:00 pm
Sat	(all ages) 2:00-3:00 pm (price is per family for Sat: \$2/\$5)

ADULT GYMNASTICS \$38/\$55 Drop-in option: \$8/\$10

A class for men and women ages 18 and older! Gymnastics doesn't have to be over just because you are no longer competing! Take a recreational class and enjoy being in the gym again!

M	7:30-8:30 pm
T	7:30-8:30 pm