

SUMMER 2021 CLASSES



Visit our Member Services Center to sign up or register online under Programs tab at woodsonymca.com

GO FOR THE GOLD!

Preschool Gymnastics Programs (1.5-5 years)



Preschool classes will need one parent or adult to aid the gymnast during class to help maintain social distancing. All classes are held in the Jr. Gymnastics Training Center located in the lower level.



Gymnecricket (1.5-3 years)

This is a Parent/Child class. Staff will direct parents and children through activities that develop gross motor skills, improve listening skills and accommodate short attention spans. Children will enhance motor development, coordination, poise and agility while learning age-appropriate gymnastics skills.

Fees: Member \$37 Search: Gymnastics - Gymnecricket
 Mon. 5:35-6:05pm
 Tues. 5:00-5:30pm
 Wed. 9:00-9:30am
 Thurs. 10:10-10:40am
 Thurs. 4:30-5:00pm



Kinder Gymnastics (3-5 years)

Increases self-confidence as a mover, improves coordination and agility. With structured lesson plans your child will learn basic skills on vault, balance beam, floor exercise, kinder trampoline, and kinder bars.
 Parent/adult MUST aid in all Kinder classes
 (Successful completion of prior class to move to next level)



Kinder 1 (3-4 years)

Fees: Member \$37 Search: Gymnastics – Kinder 1, 2, 3
 Mon. 9:00-9:30am
 Mon. 4:45-5:15pm
 Wed. 11:05-11:35am
 Wed. 4:30-5:00pm
 Wed. 6:20-6:50pm
 Thurs. 11:00-11:30am
 Thurs. 6:25-6:55pm



Kinder 2 (4-5 years)

A continuation of learned skills from Kinder-1 gymnastics. Gymnasts will continue to build basic skills and body awareness on all equipment.
Fees: Member \$39 Search: Gymnastics – Kinder 1, 2, 3
 Mon. 11:00-11:45am
 Mon. 6:20-7:05pm
 Wed. 10:00-10:45am
 Wed. 5:20-6:05pm
 Thurs. 9:00-9:45am



Kinder 3 (4-5 years)

(Successful completion of Kinder-2 required or previous kindergymnastics experience)
Fees: Member \$39 Search: Gymnastics – Kinder 1, 2, 3
 Mon. 9:50-10:35am
 Tues. 6:00-6:45pm
 Thurs. 5:20-6:05pm

SEE OTHER SIDE FOR SCHOOL AGE CLASSES!

SCHOOL AGE GYMNASTICS



Junior Olympics (CO-ED ages 6 and UP)

Gymnasts will learn appropriate Junior Olympic skills for levels 1, 2, and 3 in gymnastics on all four pieces of equipment. Classes will enhance motor development, coordination, poise and agility, while building self-confidence and athletic development for all sports.

- JO-1 Fun, exciting class for the gymnast who has little or no gymnastics experience. Learn proper body placement while tumbling and moving in a structured class.
- JO-2 Gymnast should be able to do a handstand against the wall and cartwheel on floor. On bars gymnast should be able to do a pull up.
- JO-3 Gymnast should be able to do a handstand on floor alone, bridge, and round-off. On bars the gymnast should be able to do a pull up pull over and leg cuts.



Location: North Gymnastics Center – Wausau Branch
 Fees: Member \$51 Search: Gymnastics – JO-1, JO-2, JO-3

This is not a Wausau School District sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.

Junior Olympic-1

Tues. 1:30-2:30pm
 Tues. 3:00-4:00pm
 Wed. 3:00-4:00pm
 Wed. 4:20-5:20pm
 Fri. 1:00-2:00pm
 Fri. 2:20-3:20pm
 Fri. 3:40-4:40pm (class 1) Fri. 3:40-4:40pm (class 2)



Junior Olympic-2

Wed. 3:00-4:00pm
 Fri. 1:00-2:00pm
 Fri. 2:20-3:20pm



Junior Olympic-3

Wed. 4:20-5:20pm

