



Jackson YMCA Fall Programs

September 7th—October 4th
October 5th—November 1st

Gymnastics

Parent Child Tumbling

Designed especially for you and your toddler. Your toddler will learn large motor skills through music, tumbling and interactive play.

Ages: Walking—3 years

Classes: Tues and Thurs 10:00-10:45 am
Tues and Thurs 5:30-6:15 pm

Rollers

Beginning gymnasts will learn basic body positions, beginning tumbling skills and will build confidence on the bars, beam and vault.

Ages: 3 years and up

Classes: Tues and Thurs 10:50-11:35 am
Tues and Thurs 6:15-7:00 pm



Swingers

Intermediate gymnasts will be working on back walk-overs, handstands, and learning more advanced skills on bars, beam and vault.

Prerequisite skills: basic cartwheel and walk across the beam unassisted.

Classes: Tues and Thurs 11:40-12:25
Tues and Thurs 7:00-7:45 pm

Kippers

Advanced gymnasts will be working on handsprings on the floor, cartwheels on the beam.

Prerequisite skills: back walk-over, round off dismount from the beam

Classes: Tues and Thurs 7:45-8:30 pm

- **Cost** \$20.00 members
- \$40.00 Community
- Meet in the small gym
- Classes are twice a week for 4 weeks

Dance

Preschool Dance

Basic dance skills, jazz and ballet.

Ages: 2-3

Classes: Mon and Wed 5:30-6:00

Cost: \$18.00 Members
\$36.00 Community

Ages: 4-5

Classes: Mon and Wed 6:00-6:45

Cost: \$20.00 Members
\$40.00 Community

Elementary Dance

Basic dance skills, jazz, ballet.

Ages: 6+

Classes: Mon and Wed 6:45-7:30

Cost: \$20.00 Members
\$40.00 Community

- Meet in the small gym
- Classes are twice a week for 4 weeks

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Rockwall

Elementary Rockwall

Basic bouldering and climbing skills. No experience required. Please wear tennis shoes and pants or shorts to class.

Ages: 5-10 years old

Classes: Tues and Thurs 6:00-7:00



Open Climb

Free to Members. First come first serve basis. Limit of 5 climbers per 1/2 hour. See the desk to get a climb card.

Must wear tennis shoes and have an adult available to sign the Rockwall waiver the first time you climb.

Availability: Tuesdays 7:00-7:30 and 7:30-8:00

Home School

Home School

Three great classes for one low price. Gym games, or gymnastics, swimming, and rockwall. Parents may leave the building while this class is running.

Ages: 3-17 year olds

Classes: Tues and/or Thurs 12:00-3:00

Cost: \$20.00 Members
\$40.00 Community

Preschool

Parents Time-Out

Bring your 4 and 5 year olds to the Jackson YMCA for some fun. We will be playing games in the gym, doing arts and craft, and have music and story time. This is a great opportunity to get ready for the weekend without your little helper.

Ages: 4-5 year olds

Classes: Friday 10:00-12:00

Cost: \$20.00 Members
\$40.00 Community

Parents Night Out

Parents Night Out

To be held monthly at the Jackson YMCA. What a great opportunity to have a night out without the kids. Relax knowing that your children are having a great time at the YMCA. We will play games, go swimming, climb on our rockwall and have a great time. Pizza will be provided along with a snack later in the evening.



Ages: 4-12

Dates:

Cost: \$18.00 Members
\$36.00 Community

Dates: the Third Friday of the Month
Sept 19th, Oct 17th, Nov 14th

Times: From 5:00-9:00pm

