



# Jackson YMCA Winter Programs

January 4th—January 29th  
February 1st—February 26th

## 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 7:00-7:45 pm

#### Cost for all Gymnastics Classes

- \$25.00 Members
- \$45.00 Community
- Meet in the small gym
- Classes are twice a week for 4 weeks

### Program Policy:

Ages 0-8 must have parent in program area  
Ages 9-12 must have parent in the building

## Dance

### Preschool Dance

Basic dance skills, jazz and ballet.

**Ages:** 2-3

**Classes:** Tues and Thurs 6:45-7:15

**Cost:** \$20.00 Members  
\$40.00 Community

**Ages:** 4-5

**Classes:** Tues and Thurs 7:15-8:00

**Cost:** \$25.00 Members  
\$45.00 Community

**Meets:** Spin Room



## Rockwall

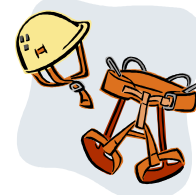
Students will learn basic bouldering and climbing skills. No experience required. Please wear tennis shoes and pants or shorts to class.

**Ages:** 5-10 years old

**Classes:** Mon and Wed 6:00-7:00

**Cost:** \$25.00 Members  
\$45.00 Community

**Meets:** On Rockwall Court



## Homeschool

### Three Great Class One Convenient Time!

Join us for a great time! This class will include Rock-wall, Gymnastics, Gym Games, Swim Lessons and a snack with great experienced instructors.

**Ages:** 5-14 years old

**Classes:** Tuesdays or Thursdays from 2:00-5:30

**Cost:** \$25.00 Members  
\$45.00 Community

**Meets:** Meets in the Beaman Lounge