

Fantastic Gymnastics

SUMMERTIME in Beatrice

<u>CLASS</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Competition Classes</u>		8:00-11:00AM		8:00-11:00AM	
<u>PARENT TINY TOTS</u>		11:00-11:45AM 6:00-6:45PM			
<u>BEGINNER NAVY/BLUE GYMNASTICS</u>		11:50-12:45PM 5:00-5:55PM			
<u>BEGINNER BLUE GYMNASTICS</u>		2:00-2:55PM 4:00-4:55PM			
<u>BEGINNER BLUE GYMNASTICS DAYCARE TRANSPORTATION</u>					
<u>INTERMEDIATE WHITE GYMNASTICS</u>		3:00-3:55PM			
<u>ADVANCED SILVER GYMNASTICS</u>		10:00-11:00AM			
<u>TUMBLING</u>				11:00-11:55AM	
<u>NINJA</u>		1:15-1:55PM			

Register online at

<https://portal.iclasspro.com/fantasticgymnastics>

PARENT TEENY TINY TOTS (12–17 months)

In this 35-minute class, little ones explore how their bodies move by jumping, climbing, rolling, walking on beams, and hanging on bars. Parents participate alongside their child, helping them through obstacle courses and introducing basic listening and direction-following skills.

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week

If you are a YMCA member, please ask for the member code to receive the discount.

Parent participation required.

PARENT TINY TOTS (18 months–3 years)

This 45-minute class is for slightly older tots who are ready for more independent movement while still needing parent support. Children will jump, climb, balance, roll, and swing while parents assist them through activities focused on body awareness and following directions.

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week

If you are a YMCA member, please ask for the member code to receive the discount.

Parent participation required.

BEGINNER NAVY/BLUE GYMNASTICS (Ages 3.5–5 years)

This class introduces young gymnasts to the basic shapes, terms, and skills of gymnastics while building strength and flexibility. Participants rotate through events like vault, bars, beam, and floor in every 55-minute class.

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week

If you are a YMCA member, please ask for the member code to receive the discount.

BEGINNER BLUE GYMNASTICS (Ages 5–17 years)

This beginner class is for school-age students who are brand new to gymnastics or still learning basic skills.

Skills Taught:

- Floor: Cartwheels, handstands, rolls
- Bars: Swinging, beginning pullovers
- Beam: Balancing, walking, basic jumps
- Vault: Running drills and proper jumping shapes

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week

If you are a YMCA member, please ask for the member code to receive the discount.

INTERMEDIATE WHITE GYMNASTICS (Ages 5–17 years)

Prerequisites to enroll:

- Floor: Unassisted cartwheel and handstand

- Bars: Unassisted pullover
- Beam: Comfortable walking and balancing on a low/high beam

Skills Focused On:

- Floor: Round-offs, bridge kickovers, and progressions toward back walkovers
- Bars: Back hip circles and building strength for harder skills
- Beam: Introduction to handstands and more advanced balancing skills

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week
If you are a YMCA member, please ask for the member code to receive the discount.

ADVANCED SILVER GYMNASTICS (Ages 5–17 years)

Prerequisites to enroll:

- Floor: Backbend kickover or back walkover
- Bars: Pullover and back hip circle
- Beam: Comfortable holding a handstand on the beam

Skills Focused On:

- Floor: Connecting tumbling skills and advanced flexibility
- Bars: Stronger circles, casts, and developing dismounts
- Beam: Full handstands, cartwheel basics, and more advanced balance skills

This is the top level of our recreational program and prepares gymnasts for higher-level strength, shapes, and technique work.

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week
If you are a YMCA member, please ask for the member code to receive the discount.

NINJA (Ages 4–10 years)

This 40-minute high-energy class uses obstacle courses to build strength, agility, and confidence while encouraging a mindset of perseverance and resilience.

Cost: \$80/month (nonmember) or \$55/month (YMCA member) — 1 class per week
If you are a YMCA member, please ask for the member code to receive the discount.

Private Lessons

Private lessons offer one-on-one instruction tailored to each gymnast’s individual needs and goals. Whether your athlete wants to focus on mastering a specific skill, improving an event, or working on overall technique, private lessons provide personalized attention to help them progress. Lessons are scheduled directly with the instructor to find a time that works best and to discuss goals and areas of focus.
