



Tiffin YMCA Summer 1 & 2 Program Guide

**Registration
Summer 1:**

Member: May 17

Non-Member: May 24

**Registration
Summer 2:**

Member: July 5

Non-Member: July 12

Summer 1 & 2 2021 | GYMNASTICS & TUMBLING (2 pages)

Becky Bohn - bbohn@tiffinymca.org

Due to pandemic space restrictions and social distancing, we are only able to allow a certain amount of children and parents in the gymnastics center and balcony areas. One parent/adult per child. Practice social distancing when coming into the YMCA & gymnastics center. Please review "Gymnastics Center Guidelines for Returning to the Gym".

TODDLER THROUGH KINDERGARTEN GYMNASTICS Child must be 18mo-5 years of age for these levels.

PARENT-TOT #1 AND #2 – COMBO: AGES 18 MONTHS – 3 YEARS

Parents spend 30 minutes helping their child with exploring gymnastics skills, along with gross motor and fine motor activities through instructor guided stations. Parent participation is a must! One adult per child in class. Child must be 18months to 3yrs years of age for this level. *We will not have extra seating for a guest coming to watch this class. - 30 Minute Class

Wednesdays 5:00pm, 5:30pm

M: \$22 PP: \$44

TINY 4's: AGE 4 YEARS

This 30 minute gymnastics class encourages more independence with an instructor and structure to prepare them for Mini 5's. Child must be 4 years of age for this level. - 30 Minute Class

Mondays 5:00pm

Wednesdays 6:00pm

M: \$22 PP: \$44

MINI 5's: AGE 5 YEARS

Instructor guided class with age appropriate structure and station work on all four gymnastic events. Child must be 5 years of age for this level. - 40 Minute Class

Mondays 5:30pm, 6:15pm

Wednesdays 5:15pm

M: \$32 PP: \$64

YOUTH PROGRESSIVE GYMNASTICS Child must be 6-16 years of age for these levels.

GYMNASTICS-1:

USAG Level 1 based gymnastics skills. No previous gymnastic experience required. Must be 6-16 years of age to join class. - 55 Minute class

Mondays 5:00pm

Wednesdays 5:30pm, 6:30pm

M: \$42 PP: 84

GYMNASTICS-2:

USAG Level 1-2 based gymnastics skills. Class is for children who have successfully advanced from the Gymnastics-1 level. Must be 6-16 years of age to join class. - 55 Minute Class.

Mondays 6:00pm

Wednesdays 4:30pm

M: \$42 PP: 84

GYMNASTICS-3 & GYMNASTICS-4:

USAG Level 2-3 based gymnastics skills. Class is for children who have successfully advanced from the Gymnastics-2 OR Gymnastics-3 level. Must be 6-16 years of age to join class. - 55 Minute Class

Mondays 7:00pm

M: \$42 PP: 84

More on the next page...

TUMBLING Child must be 6-16 years of age for these levels.

TUMBLING-1 & TUMBLING-2:

This class is designed for children who are working to gain basic tumbling skills on the floor. This class will work on the shapes, vocabulary and drills needed to advance to Tumbling-1 & 2. No previous experience is needed to join this class. Evaluation is needed to advance to Tumbling-2. Must be 6-16 years of age to join class. - 55 Minute Class

Mondays 5:30pm

M: \$42 PP: 84

TUMBLING-3 & TUMBLING-4:

This class is designed for those who have successfully advanced from the Tumbling-2 or Tumbling-3 evaluation. Must be 6-16 years of age to join class. - 55 Minute Class

Mondays 6:30pm

M: \$42 PP: 84

COMPETITIVE & PRE-COMPETITIVE GYMNASTICS

PRE-COMPETITIVE PROGRAM

Pre-Team Silver & Pre-Team Gold – Contact Becky Bohn if your gymnast is interested in being on team someday! Pre-team practices on Tuesdays and Thursdays!

TIFFIN YMCA ZERO GRAVITY GYMNASTICS TEAM

Competitive Gymnastics Team competes USAG Levels 3-9 & Xcel. Team practices on various days including Tuesdays and Thursdays! You are welcome to come and watch a practice!

- The pre-competitive and competitive programs are invitation or try-out only. Contact Becky Bohn with questions regarding the Pre-Team or Team level at bbohn@tiffinyymca.org

GYMNASTICS EXTRAS

GYMNASTICS CENTER RENTALS

Did you know you can rent the Gymnastics Center for Birthday parties, or for your cheer team?! Contact Becky Bohn or Ryan Huss for pricing and more information!

PRIVATE & SEMI-PRIVATE LESSONS

Need more practice or would you like to get that "back handspring" or does your gymnast want more practice to move up to the next level? We offer private lessons and semi-private lessons! Contact Becky Bohn to get started!



SUMMER I & II GROUP EXERCISE SCHEDULE

PLEASE REGISTER AT THE FRONT DESK FOR
ALL GROUP EXERCISE CLASSES!

MONDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Add. 30min Flow

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Circuit Grind
6:45pm: HIIT Drumming

TUESDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
9am: Core N More
9:15am: Have A Seat
9:15am: Gentle Lift
10am: Power Cycle
10am: CardioTone

12:15pm: Power Cycle
(Location: Saurwein)

6:45m: R.I.P.P.E.D

WEDNESDAY

5am: Early Bird Challenge
6am: Challenge
8am: Deep Water Fitness
9am: Total Body Fix
9am: Fit 4 Life

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Circuit Grind

THURSDAY

9:15am: Have A Seat
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

12:15pm: Power Cycle
(Location: Saurwein)

5:30pm: CardioTone
6:45pm: Strike and
Strengthen

FRIDAY

5am: Early Bird Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Add. 30 min Flow
10am: Power Cycle
10am: Pietra Fitness*

All classes marked
with a * require
registration and
have a small fee
attached.