

PROGRAM LEADERSHIP



Thank you for your interest in gymnastics programming at the YMCA of Austin. If you are new to our program, we welcome you! We hope this is the beginning of a lasting relationship built on fun and physical fitness for your child.

Our program is based on the National YMCA Progressive Gymnastics Program and the USA Junior Gymnastics Program. It is designed for children to have FUN while learning both gymnastics and lifetime skills. We also instill the YMCA core values of caring, honesty, respect and responsibility.

We have a group of talented instructors and a dedicated facility here to serve you. They are here to teach, lead and mentor your child with the goal of developing your child into the best gymnast he or she can possibly be.

Guy Knepper, Gymnastics Director
18 years of instructing and teaching experience

Contact Information:
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507.433.1804

OUR FACILITY

Our YMCA boasts a 5,200 square foot gymnastics training facility. It features tumbling floors, tumbling trampolines and the latest in women's artistic gymnastics equipment.

Gymnastic Facility Equipment:

- 42 x 42 spring floor
- 1 tumble trak
- 5 high beams
- 3 floor beams
- 3 uneven bars
- 3 vaulting stations
- Assorted mats and shapes

YMCA of Austin Gymnastics has been serving the gymnastic community since 1965.

COMPETITIVE ANGELS TEAMS

LIL WINGS 1 & 2

For competitive gymnastics ages 6-7. Gymnasts train on all four events with an emphasis on growing together as a team as well as in gymnastics. Lil Wings 1 & 2 teams do not require any out of town travel. Inter-squad meets are conducted for competitive experience. Gymnasts must attend scheduled try-outs to be selected to the Lil Wings 1 & 2 teams.

WINGS, HALOS & GUARDIANS

For competitive gymnastics ages 8 and above. Competitive teams are for gymnasts wishing to train more seriously on all four events as part of the Midwest Amateur Gymnastics Association (MAGA). These teams require travel to out of town meets during the competitive season. Gymnasts are placed on teams by ability level to help facilitate practices. An emphasis on team dynamics over individual performances is a hallmark of our program.

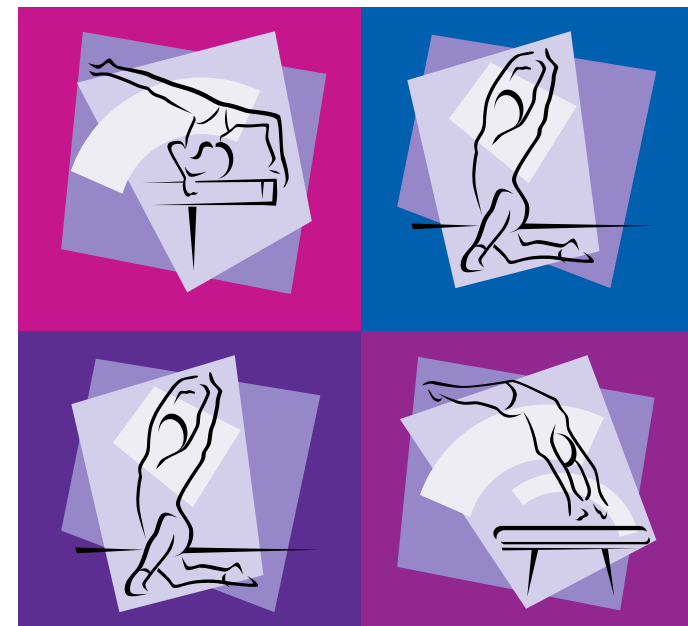
TEAM SCHEDULE & PRICING

Team	Cost	Mon	Tues	Weds	Thurs	Fri	Sat
Lil Wings 1	\$50 /mon			6:00-7:30pm			10:00-11:30am
Lil Wings 2	\$65 /mon			3:30-5:30pm		3:30-5:30pm	
Wings	\$83.50 /mon	5:00-7:30pm		3:30-5:30pm		3:30-5:30pm	
Halos	\$88.50 /mon	5:30-8:00pm	5:30-7:30pm		5:30-7:30pm		
Guardians	\$99.50 /mon	5:30-8:00pm	5:00-7:30pm		3:30-6:00pm		



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS



Children's Gymnastics Progressive Gymnastics Competitive Team Gymnastics

YMCA of Austin
704 1st Drive NW • 507.433.1804
www.ymca-austin.org

CHILDREN'S GYMNASTICS

SESSION OPTIONS

Once Per Week (8 Week Sessions)

Fall	Sept 12 - Nov 6
Fall	Nov 7 - Jan 1
Winter	Jan 2 - Feb 26
Winter	Feb 27 - Apr 22
Spring	Apr 23 - June 9

Twice Per Week (4 Week Sessions)

Fall	Sept 12 - Oct 9
Fall	Oct 10 - Nov 6
Fall	Nov 7 - Dec 4
Fall	Dec 5 - Jan 1
Winter	Jan 2 - Jan 29
Winter	Jan 30 - Feb 26
Winter	Feb 27 - Mar 25
Winter	Mar 26 - Apr 22
Spring	Apr 23 - May 20
Spring	May 20 - June 9



TINY TUMBLERS (1-2 yrs)

Age	Days	Time	Sessions
1-2 yrs	Tuesdays	12:20-12:50pm	8 wk (1x per wk)
		3:30-4:00pm	8 wk (1x per wk)
	Thursdays	3:30-4:00pm	8 wk (1x per wk)

This is an introductory parent/child class designed to allow your child to run, jump, climb, balance and roll. Children will learn beginning gymnastics positions, sing songs, play games and learn about gymnastics equipment.

\$28 Member | \$43 Non-Member

LIVE Y'ERS (3 yrs)

Age	Days	Time	Sessions
3 yrs	Tuesdays	3:30-4:15pm	8 wk (1x per wk)
		Thursdays	11:20-12:05pm
	Saturdays	3:30-4:15pm	8 wk (1x per wk)
		9:30-10:15am	8 wk (1x per wk)
		10:15-11:00am	8 wk (1x per wk)
Tues & Thurs	3:30-4:15pm	4 wk (2x per wk)	

Children will explore basic tumbling skills with an emphasis on confidence and coordination. It will develop listening skills, taking turns, and following coaching instructions while utilizing obstacle courses. Children will also learn numbers, shapes and colors.

\$37 Member | \$52 Non-Member



JUNIOR JUMPERS (4 yrs)

Age	Days	Time	Sessions
4 yrs	Tuesdays	11:20-12:05pm	8 wk (1x per wk)
		3:30-4:15pm	8 wk (1x per wk)
	Thursdays	3:30-4:15pm	8 wk (1x per wk)
	Saturdays	9:30-10:15am	8 wk (1x per wk)
		10:15-11:00am	8 wk (1x per wk)
Tues & Thurs	3:30-4:15pm	4 wk (1x per wk)	

Children will focus on building basic tumbling skills in this structured class using station equipment and obstacle courses. Instructors will incorporate letters, numbers and shapes into curriculum as gymnasts develop their listening skills and follow instructor coaching.

\$37 Member | \$52 Non-Member

CHERUBIM (5 yrs)

Age	Days	Time	Sessions
5 yrs	Tuesdays	3:30-4:15pm	8 wk (1x per wk)
	Thursdays	3:30-4:15pm	8 wk (1x per wk)
	Saturdays	9:30-10:15am	8 wk (1x per wk)
		10:15-11:00am	8 wk (1x per wk)
	Tues & Thurs	3:30-4:15pm	4 wk (1x per wk)

Class designed for children who need to be challenged but are too young to move onto Progressive classes. Skills taught are based on the Progressive level.

\$37 Member | \$52 Non-Member

GYM & SWIM (3-5 yrs)

Age	Days	Time	Sessions
3-5 yrs	Tuesdays	9:30-11:00am	8 wk (1x per wk)
	Thursdays	9:30-11:00am	8 wk (1x per wk)
	Tues & Thurs	9:30-11:00am	4 wk (2x per wk)

Combines gymnastics movement education with a 40 minute swim lesson. Participants should arrive wearing their swimsuits and have a bag for their clothes.

\$67 Member | \$124 Non-Member

PROGRESSIVE GYMNASTICS

For youth ages 6 and above with an emphasis on conditioning, skill development and a natural progression towards competitive gymnastics. Our program is based on the USAG Olympic Development Program and each level emphasizes skills on the vault, balance beam, uneven bars and floor. Successful completion of each level and instructor recommendation is required before moving to next level.

All 3 Levels : \$45 Member | \$60 Non-Member

ROLLERS (Level 1)

USAG Level 1 Beginning gymnastics skills. Introduction to all four gymnastics events.

SWINGERS (Level 2)

USAG Level 2 Intermediate level. Continues to build on skills learned in Rollers.

KIPPERS (Level 3)

USAG Level 3/4 Advanced Intermediate. Successful completion of Swingers skills is required.

Age	Days	Time	Sessions
6 & Older	Tuesdays	3:30-4:30pm	8 wk (1x per wk)
	Thursdays	3:30-4:30pm	8 wk (1x per wk)
	Saturdays	9:30-10:30am	8 wk (1x per wk)
	Tues & Thurs	6:30-7:30pm	4 wk (2x per wk)

