



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KENT COUNTY YMCA WEST BAY FAMILY YMCA

## Youth Gymnastics Schedule

November 1 – December 23, 2016 (Session 6) Thursday, Nov 24—Holiday

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY*	
<b>GYMNASTICS INSTRUCTION</b>	<b>Parent/Child Tumbling Tots</b> Ages 1.5 –3 (1/2 Hour)	11:00 AM	11:00 AM** (WB)			
	<b>Preschool Gymnastics</b> Ages 3-4 (35 minutes)	10:20 AM	10:20 AM**(WB)	5:30 PM** (WB)	8:00 AM 8:35 AM	
	<b>Kinder Gymnastics 1 Beginner</b> Ages 4½–6 (45 minutes)	9:30 AM 3:30 PM	9:30 AM**(WB)	4:00 PM**(WB)		9:15 AM
	<b>Kinder Gymnastics 2 Intermediate</b> Ages 4½–6 (45 minutes)		3:45 PM			10:00 AM
	<b>Kinder Gymnastics 3 Advanced*</b> Ages 4½–6 (45 minutes)				4:00 PM	
	<b>Youth Tumbling ** (WB)</b> Ages 6 and up (45 minutes)			4:45 PM **(WB)		
	<b>Youth Gymnastics 1</b> Ages 6 and up (60 minutes)					10:45 AM
	<b>Youth Gymnastics 2</b> Ages 6 and up (60 minutes)					11:45 AM
	<b>Youth Gymnastics 3*</b> Ages 6 and up (60 minutes)					12:45 PM
	<b>Youth Gymnastics 4*</b> Ages 6 and up (60 minutes)				4:45 PM	
	<b>Youth Gymnastics 5+*</b> Ages 6 and up (1 hr 45 minutes)					4:15 PM
	<b>GYMNASTICS TEAMS*</b>	<b>Recreational Team</b> Ages 7 and up (1 hr 45 minutes)		6:15 PM		
		<b>Level 1 Pre-Team</b> Ages 4-7 (1 hr 15 minutes)	4:15 PM			
		<b>Level 2 Team</b> Ages 5-8 (2 hours)		4:30 PM		2:15 PM
<b>Level 3 Team</b> Ages 6-11 (2 hours)		5:30 PM			2:15 PM	
<b>Level 4,5,6 Team</b> Ages 8 and up (2 hr 45 minutes)					5:30 PM	

Our instructors, **Danielle Desrosiers** and **Laura Soccia-Almeida**, are professional members of USA Gymnastics & are safety certified through USA Gymnastics. Please contact the instructors about classes that indicate prior approval is required:

[kcygymnastics@qpymca.org](mailto:kcygymnastics@qpymca.org)

\* Instructor permission is required to participate at this level.