



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRETCH YOUR LIMITS!

GYMNASTICS YMCA OF NCO-SHELBY BRANCH

Fall 11 Session: Oct 23rd –Nov 25th



Tumble Buddies 1: (Age 2-4)
No experience needed & parent assisted
Thursday- 4:030-5:00PM or
Tuesdays- 10:00-10:30 AM (Studio)
M-\$25 NM-\$50

Tumble Buddies 2: (Age 5+)
No experience needed or moved into class
Tuesdays- 10:30-11:00 AM (Studio)
or Thursdays- 5:00-5:30PM
M-\$25 NM-\$50

Tiny Tumblers: (Age 3-5)
Moved into class
Thursday- 5:30-6:00PM
M-\$25 NM-\$50

Beginner: (Ages 6+)
New to gymnastics or moved into class
Tuesdays-4:30-5:15PM or
Wednesdays- 4:30-5:15 PM
M-\$55 NM-\$85

Intermediate: (Ages 7 +/or
Completed Beginners)
Tuesdays-5:15-6:15 PM
M-\$60 NM-\$90

Advanced: (Try Outs Mandatory)
Tuesdays- 6:15-7:45PM
M-\$75 NM-\$105

Pre-Team: (Try Outs Mandatory)
Mondays- 6:00-8:00 PM
M-\$75 NM-\$105

Tumbling: (Grades 4-12)
Wednesdays 3:45-4:15 PM
M-\$45 NM-\$75

Team: (Try Outs Mandatory)
Mondays 5:00-8:00 PM &
Wednesdays 5:00-8:00 PM
Payment Form

*Classes have limited space.

Focusing on enhancing basic body movement, coordination, and muscle development (all while having fun), Gymnastics is a great way to get the fundamentals down!

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