

Gymnastics



YMCA gymnastics classes are designed to build confidence and skills in a safe environment. These co-ed classes will focus on general body awareness, developing strength and endurance and are designed for a recreational level of the sport of gymnastics. Taught by a USA Certified Coach.

(Mixed Age Groups–Based on Ability)

Level I– Beginner
Mondays 3:30PM–4:30PM
Level II– Intermediate
Mondays 4:30PM–5:30PM

7 Weeks of Classes!