



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHALLENGE GRAVITY CHALLENGE YOURSELF

## Gymnastics



**Level 1-Beginner (5 years and up)** For children with no prior gymnastics experience. Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercise & vault table.

**Level 2-Advanced Beginner (5 years and up)** This class will focus on more advanced skills.

**Level 3-Advance Beginner II (5 years and up)** This class will meet once per week and focus on additional advanced skills. This class is for gymnasts who have surpassed level 2 skills. (Director approval required)

**Level 3-Non Competitive Team (5 years and up)** This class will focus on more advanced skills for gymnasts who have surpassed level 2 skills. This class meets twice a week. (Director Approval Required)

**Parent Tot Class (18 mo - 2 1/2 years)** Class requires adult participation. Children will explore independence through the use of large motor skill movements and physical exploration.

**Tumble Bugs (2 1/2 - 3 years)** Structured beginning gymnastics activities. No adult participation needed. This class will focus on jumping, rolling and swinging. This class is designed to strengthen your child while they explore the gymnastics equipment.

**Kindergymnastics (4 - 5 years)** For children with no prior gymnastics experience or surpassed Tumble Bugs. Each child will learn gymnastics skills while exploring the balance beam, uneven bars, floor exercise & vault table.

**Drop In Family Gymnastics (7 years and younger)**  
Children must be accompanied by an adult.

### **Open Workout**

For any level 3-7 or high school gymnast looking for some more gym time to improve their skills. Must be enrolled in at least one Manitowoc-Two Rivers Y gymnastics class for the summer.

### **Gymnastics Camp**

Gymnastics Camp is offered for any competitive gymnast to include High School or any gymnast that is currently working level 3 skills. T-Shirt included.