



## COPLEY-PRICE FAMILY YMCA December 2022 Gymnastics



\*If you are new to our program - this level requires in person evaluation

Note: we require a minimum of 3 kids per class

| CLASS                     | AGES           | MONDAY                     | TUESDAY                    | WEDNESDAY                  | THURSDAY                     | FRIDAY        | SATURDAY                                      |
|---------------------------|----------------|----------------------------|----------------------------|----------------------------|------------------------------|---------------|---|
| Parent/Child              | 15 - 35 months |                            | 5:15 - 6:00                |                            | 9:30 - 10:15                 |               | 9:15 - 10:00<br>10:30 - 11:15                 |
| Transitional Parent/Child | 2.5 - 3.5      | 4:30 - 5:15                |                            |                            |                              | 10:00 - 10:45 | 11:30 - 12:15                                 |
| Preschool Gymnastics      | 3 - 4          | 3:30 - 4:15                | 4:15 - 5:00<br>5:15 - 6:00 | 5:00 - 5:45<br>5:30 - 6:15 | 10:30 - 11:15<br>4:15 - 5:00 | 10:00 - 10:45 | 8:45 - 9:30<br>10:15 - 11:00<br>11:15 - 12:00 |
| Hotshots 1*               | 3 - 5          |                            |                            |                            | 4:30 - 5:25                  |               | 12:15 - 13:10                                 |
| Little Ninjas             | 3 - 5          |                            | 4:15 - 5:00                | 5:00 - 5:45                | 3:30 - 4:15                  |               | 9:30 - 10:15                                  |
| Girls Beginner            | 5 - 6          | 5:30 - 6:25                | 4:00 - 4:55                | 4:30 - 5:25                | 4:30 - 5:25                  |               | 9:30 - 10:25                                  |
| Girls Beginner            | 6 - 12         | 4:30 - 5:25                | 6:00 - 6:55                | 6:00 - 6:55                | 5:15 - 6:10                  | 4:00 - 4:55   | 9:00 - 9:55<br>10:00 - 10:55                  |
| Girls Level 1*            | 6 - 12         | 5:30 - 6:25<br>6:30 - 7:25 | 5:00 - 5:55                | 4:30 - 5:25<br>6:00 - 6:55 | 5:15 - 6:10                  | 5:00 - 5:55   | 11:00 - 11:55                                 |
| Girls Level 2*            | 6 - 12         | 5:30 - 6:55                | 4:30 - 5:55                | 5:30 - 6:55                | 5:30 - 6:55                  |               | 11:45 - 13:10                                 |
| Girls Level 3*            | 7 - 12         |                            |                            |                            | 4:00 - 5:55                  |               | 9:45 - 11:40                                  |
| Boys Level 1*             | 6 - 12         | 4:30 - 5:25                | 6:00 - 6:55                |                            |                              |               |   |
| Boys Level 2*             | 6 - 12         |                            |                            | 4:30 - 5:55                |                              |               |   |
| Tumbling Beginner         | 7 - 17         |                            |                            |                            |                              |               | 12:00 - 12:55                                 |
| Teen 1                    | 13 - 19        |                            |                            | 6:00 - 6:55                |                              |               | 12:00 - 12:55                                 |
| Parkour Beginner          | 6 - 17         | 5:30 - 6:25<br>6:30 - 7:25 |                            | 6:00 - 6:55                |                              |               | 10:30 - 11:25<br>11:30 - 12:25                |
| OPEN GYM                  | AGES           | MONDAY                     | TUESDAY                    | WEDNESDAY                  | THURSDAY                     | FRIDAY        | SATURDAY                                      |
| Preschool Open Gym        | 1-5            |                            |                            |                            |                              | 12:00 - 1:00  |   |
| School Age Open Gym       | 5-12           |                            |                            |                            |                              |               | 1:00 - 2:00                                   |
| Adult Open Gym            | 13 and up      |                            |                            |                            | 6:30 - 8:00                  |               |   |