



HIGH ENERGY FUN BOYS GYMNASTICS

YMCA GYMNASTICS CENTER



Some people think gymnastics is only for girls, but gymnastics is a great sport for girls AND boys. Gymnastics incorporates strength, balance, flexibility, speed, and discipline, and it teaches children that hard work and dedication pay off. Gymnastics helps children develop confidence and commitment through achievement. Plus the skills learned in gymnastics come in handy when playing other sports. The Milwaukee Y offers a variety of classes for boys at the YMCA Gymnastics Center, located at the 6140 W. Executive Dr., Mequon.

NEW!!! BOYS' GYMNASTICS AGES: 6+

Athletes will work on basic gymnastics skills, little or no gymnastics experience is required for this class. Boys will receive instruction on floor, vault, bars, and strength/conditioning.

PRESCHOOL GYMNASTICS (CO-ED) AGES: 3-5

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm-up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

KINDERGARTEN GYMNASTICS (CO-ED) AGES: 4-6

All participants must be enrolled in 4K or 5K. Kindergartners will continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars.

PARKOUR (CO-ED) AGES: 6+

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on functional strength, physical conditioning, balance, creativity, control and looking beyond the traditional use of objects.

STRENGTH & TUMBLING (CO-ED) AGES: 6+

This class is for children 6 and up who would like to get stronger and learn the basics of tumbling on a spring floor. This class will focus on skills such as handstands, back walkovers, cartwheels, round offs, and back handsprings.

COMING IN JANUARY: OBSTACLE NINJAS! AGES: 4-7

Do you need a place for your little ninja to burn off some energy? This class will have obstacle courses and physical challenges each week to help children improve strength and endurance in a fun, safe environment.

To register, please visit our website at ymcamke.org or call (414)354-9622. For questions, contact Alex Schmidt at (414) 357-2828 or aschmidt@ymcamke.org.