

# GYMNASTICS

## FOX VALLEY FLYERS

The Fox Valley Flyers is a competitive gymnastics team that competes in USAG meets as well as YMCA Nationals. Each year the YMCA Nationals is held in a different State. Last year, the Flyers traveled to Long Beach California and this year they traveled to Savannah, Georgia. This year's nationals was one of our most successful producing 3 All Around Winners! At Level 3, Zoe Rowe placed 1st in the child-age division and Ashlyn Banning placed 1st in the senior-age division. At Level 4, Amanda Skinner placed 1st in the Sr division. We are so proud of them and the entire National Team!

Team try-outs are held in June as part of our gymnastics camp. All gymnasts that would like to be considered for the competition team must attend camp.

Our goal as coaches is to not only make this a strong winning team, but to teach our girls the importance of working together and supporting each other. We truly believe what they learn here will stay with them long after their gymnastics careers.



2017 Flyers' National Team



Level 3s



Level 4s



Group Stretch

## PRESCHOOL CLASSES – AGES 2-5

### TUMBLING TYKES (AGES 2-3 WITH PARENT)

This class is designed for boys and girls to explore the exciting world of gymnastics while also learning to interact with other children.

This class is for the child and parent only. Kid Zone is available at no charge (for members) and is a great place for your other children to visit while you are in class with your Tumbling Tyke.

### MIGHTY TYKES (AGES 4-5)

Now it's time to learn more of the basics of gymnastics without Mom or Dad. Students will work on all four events with a group of friends guided by one of our instructors.

## GIRLS INSTRUCTIONAL CLASSES

### BEGINNERS GIRLS (AGES 6+)

This is a fun filled class for girls who would like to learn more about gymnastics. Basics will be taught on all four events (beam, bars, floor and vault).

### PROGRESSIONS\*

When students have mastered all the skills in Beginner they will move on to Progressions. Progression meets for two hours a week.

\*Advancement from each level may take anywhere from three months to two years, depending on the individual gymnast. The Y reserves the right to move gymnasts to the appropriate levels, combine classes, cancel classes, and change times during the course of all sessions.

## TUMBLING CLASSES (CO-ED)

### SPECIAL NEEDS CLASS (AGES 2+ WITH PARENT)

This class is for children who want to experience the fun and excitement of gymnastics in a more comfortable setting. The children get to use mats on the floor. They can walk on a beam and also jump on the Tumble Trak into our foam pit. This class is for the child and parent only. Kid Zone is available at no charge (for members) and is a great place for your other children to visit while you are in class with your

### BEGINNER (AGES 6+)

This class is for boys and girls who want to learn basic tumbling such as handstands, cartwheels and rolls. We also work on body position and form.

### ADVANCED TUMBLING\* (AGES 6+)

Once students have mastered all the skills in Beginner Tumbling they will learn more advanced skills, such as backbend kickovers, back walkovers and flip-flops.

### BOYS TUMBLING (AGES 6+)

This is our class just for boys! Students will learn the same skills as in Beginner Tumbling, but in a boys-only class setting.

### CHEER TUMBLING (AGES 6+)

We offer classes for cheerleaders who need to learn to tumble. Beginner Cheer is for girls with little or no tumbling experience. Advanced Cheer is for girls who have mastered Cheer Beginner.

### NEW FOR FALL!

Special Needs Events: Saturdays 12-1:00pm

If interested, call the Gymnastics Director at 630-552-4100 x. 228

# GYMNASTICS



**USA GYMNASTICS**

Classes meet once a week for an hour unless stated otherwise.



**FALL 1 SESSION:** September 5 - October 28  
**FALL 2 SESSION:** October 30 - December 23

**\$85M/\$145NM**

PROGRAM	MON	TUES	WED	THURS	FRI	SAT
<b>PRESCHOOL CLASSES (Ages 2-5)</b>						
<b>Tumbling Tykes</b> 01GYTTA	5-6pm				9-10am 10-11am	9-10am 11am-12pm
<b>Mighty Tykes</b> 01GYMTA	4-5pm 5-6pm 6-7pm	10-11am 11am-12pm 4-5pm 5-6pm	4-5pm 5-6pm 6-7pm		11:30am-12:15pm	9-10am 10-11am 11am-12pm
<b>GIRLS INSTRUCTIONAL (Ages 6+)</b>						
<b>Beginners</b> 01GYBEGA	4-5pm 5-6pm 6-7pm 7-8pm	4-5pm 5-6pm 6-7pm	4-5pm 5-6pm 6-7pm 7-8pm			9-10am 10-11am 11am-12pm
<b>CO-ED TUMBLING CLASSES</b>						
<b>Special Needs</b> 01GYTUABA						Call for details
<b>Beginner</b> 01GYTUBA				5-6pm		9-10am
<b>Boys Tumbling</b> 01GYTUBOYA	7-8pm					
<b>CHEER CLASSES (Ages 6+)</b>						
<b>Beg. Cheer</b> 01GYCHA			5-6pm			
<b>Adv. Cheer</b> 01GYCHB			6-7pm			
<b>PROGRESSIONS (Ages 6+)   8 WEEKS: \$145M/\$215NM</b>						
<b>Progressions</b> (1x/week: 2hr session) 01GYPRA				6-8pm		10am-12pm
	<b>M/W</b>	<b>T/TH</b>				
<b>Progressions</b> (2x/week: 1hr session) 01GYPRBA	7-8pm	5-6pm				

**PLEASE REMEMBER PROPER ATTIRE**

- No tights, jewelry, watches, baggy clothes, jeans, zippers, belts, shorts with rivets, or shorts/pants with drawstrings are to be worn.
- All earrings must be taken out before class. The Fox Valley Family YMCA is not responsible for lost items.
- Hair must be tied back and out of face.
- Progressions level and above must wear leotards to class.

M/NM: Y Member/Non-member