



GYMNASTICS

Not just sport specific training
"Gymnastics" for over-all body Fitness and Health!
Gain Strength, Flexibility and Confidence for ANY sport!!!!



Come Join the Fun!

Parent & Tot Classes: 45 min class
T and/or Th * 9:15-10:00 *5:45-6:30
Saturday * 9:00-9:45

Ages 18mths – 2yrs

Pre-School Classes: 45 min class
T and/or Th *10:15-11:00 *4:00-4:45 *5:00-5:45
Weds. *5:15 -6:00
Saturday *10:00-10:45

Ages 3 - 4yrs

Girls Recreation Classes: **Ages 5yrs and up**
Beginner M and/or Weds. *6:15-7:15 T and/or Th *4:15-5:15 *5:30-6:30 *Sat 11:00-12:00
Intermediate M and/or Weds. *6:15-7:15 T and/or Th *4:15-5:15 *5:30-6:30 *Sat 11:00-12:00
Advanced M and/or Weds. *6:00-7:30 T and/or Th *4:00-5:30

Boys Recreation Classes: 1 hr class **Ages 5yrs and up**
Using the basics of boys gymnastics it will provide athletic training to prepare them for any sport.
They will develop strength, self confidence, teamwork and dedication.
Ages 5 to 7 T and/or Th *5:30-6:30
Ages 7 and up T and/or Th *6:30-7:30

Just Tumbling: 1 hr class T and/or Th *6:30-7:30 **Ages 7 – up**
Learn basic thru advance tumbling. Great for cheerleaders or dancers just wanting to learn tumbling!!

Girls Pre-Team and Competitive Team:
Will follow Rules and Policies set forth by USA Gymnastics, while competing in the North-Central NY YMCA Gymnastics League. Coaches approval only. Please Call for Details

Playgroup: Weds. and/or Fri 10:30-11:30 **Ages 18mths-5yrs**
Join us for Non-structured Playtime CM* \$5/ Y Member \$3.00 Per Visit Call for Details

Program Fees (based on 6 weeks)	6 Classes (Once a week)	12 Classes (Twice a week)
Pre-School and Parent & Tot 45Min Classes available	CM* \$55.00/Y Member \$35.00	CM* \$95.00/ Y Member \$59.00
Boys and Girls Rec 1 Hour Classes available	CM* \$60.00/ Y Member \$40.00	CM* \$105.00/ Y Member \$69.00
Advanced Girls 1 1/2 Hours available	CM* \$75.00/\$55.00 Y Member ***Community Member (CM)***	CM* \$115.00/ Y Member \$89.00

\$25.00 annual registration fee per family (waived for Y members) **Sibling Discounts Available**

All Classes are held UPSTAIRS @ the



For more Information on Times and Pricing please call:
YMCA Gymnastics 607-758-8630 Please leave a message
or Cortland YMCA 607-756-2893 22 Tompkins St Cortland and/or
Visit WWW.CortlandYMCA.Org



****All schedules and fees subject to change****