



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BAY GYMNASTICS

2023 Spring Session | BLOOMSBURG AREA YMCA

T-Shirt
Included for
Beg/Int!

CLASSES: Mar. 7 – May 27

Preschool (6-weeks)

Starting 3/11 | Saturdays 10-10:45am | Ages 3 – 5

Our preschool gymnastics is an introductory gymnastics class for children ages 3 ½ – 5 years old. Children will learn gymnastics fundamentals and movement skills, while participating in activities that foster engagement, independence, coordination, strength, balance, flexibility & cooperation.

*Parents MUST stay and supervise the child throughout the duration of the class

Parent & Me (6-weeks)

Starting 4/22 | Saturdays 10-10:45am | Ages 6mo – 2yr

This class promotes your little one's cognitive, social, and physical development alongside their parent/guardian. Each class will consist of fun, organized programming of physical movements as well as some free time for your little one to walk & explore. This session is for little ones who are able to walk without much assistance.

*Parents MUST stay and supervise the child throughout the duration of the class

Beginner/Intermediate (12-weeks)

Tuesdays OR Thursdays 6-7pm | Ages 6+

This class will be split into two sections (beginner & intermediate) – the first few classes will be to determine which section your child will be in. Tues/Thurs classes will be the same, you must select which day you will be coming at registration. Spots will be limited.

*Register at the front desk or by calling (570) 784-0188

MEMBER:

\$70 – Preschool/P&Me

\$170 – Beg./Int.

NON-MEMBER:

\$85 – Preschool/P&Me

\$185 – Beg./Int.

- Parents are welcome to watch in the back half of the gymnasium.
- Leotards are recommended, but not required.
- Payment plans accepted, but must be completed by 5/27

For inquiries, please contact:

Collin Benfield

Health & Wellness Director

cbenfield@bloomsburgymca.org

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SESSION DATES:

Preschool Gymnastics

Week 1: Mar. 11

Week 2: Mar. 18

Week 3: Mar. 25

Week 4: Apr. 1

Week 5: Apr. 8

Week 6: Apr. 15

Beginner/Intermediate Tuesdays

Week 1: Mar. 7

Week 2: Mar. 14

Week 3: Mar. 21

Week 4: Mar. 28

Week 5: Apr. 4

Week 6: Apr. 11

Week 7: Apr. 18

Week 8: Apr. 25

Week 9: May 2

Week 10: May 9

Week 11: May 16

Week 12: May 23

Beginner/Intermediate Thursdays

Week 1: Mar. 9

Week 2: Mar. 16

Week 3: Mar. 23

Week 4: Mar. 30

Week 5: Apr. 6

Week 6: Apr. 13

Week 7: Apr. 20

Week 8: Apr. 27

Week 9: May 4

Week 10: May 11

Week 11: May 18

Week 12: May 25

Parent & Me Gymnastics

Week 1: Apr. 22

Week 2: Apr. 29

Week 3: May 6

Week 4: May 13

Week 5: May 20

Week 6: May 27