



# YOUTH LAND Class

Spring 1 | January 31—April 2, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45—5:15pm <b>INTRO GYMNASTICS</b> Ages 3-4 LeAnn M. Cowles Auditorium		4:30—5:15 pm <b>BEGINNER GYMNASTICS</b> Ages 5-8 LeAnn M. Cowles Auditorium	4:15—4:45 pm <b>Dancing Tots</b> Ages 2-3 LeAnn M. LaForce Room		
5:30-6:20 pm <b>TAE KWON DO</b> Ages 6+ Cathy H Laird Room		5:30—6:00 pm <b>TUMBLING TOTS/ PARENT TOT CLASS</b> Ages 18 mos—3 y LeAnn M. Cowles Auditorium	4:45—5:15 pm <b>BEGINNING BALLET/ TAP</b> Ages 3-5 LeAnn M. LaForce Room		
5:30-6:15 pm <b>BEGINNER GYMNASTICS</b> Ages 5-8 LeAnn M. Cowles Auditorium			5:30—6:15 pm <b>BALLET/TAP</b> Ages 6+ LeAnn M. LaForce Room		
6:30—7:15 pm <b>INTERMEDIATE GYMNASTICS</b> Ages 6+ LeAnn M. Cowles Auditorium					
					<b>Call 920-432-5581 to register for classes.</b>

- Masks required, ages 5 and up, in all public areas of the building except while in the pool.
- Each class is offered one time per week
- To minimize distractions, observation of classes by parents and guests is not permitted.
- No make-up classes, credit, or refunds are given if a class is cancelled due to COVID-19, inclement weather, or if a child misses class.
- While we make every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.
- Families who receive free or reduced school meals are eligible for a scholarship rate on any Youth Land Class.



**YWCA IS ON A MISSION**

# YOUTH LAND Classes

Spring 1 | January 31—April 2, 2022

## GYMNASTICS

*The gymnast first; the sport second. This is a non-competitive program in which gymnast learns skills in a positive and safe environment. Each class will include floor, balance beam, uneven bars and stacked mat vaulting. For all genders.*

### TUMBLING TOTS | Ages 1 1/2—3

Wednesday | 5:30-6:00pm

This parent-tot class is the perfect introduction for your rising gymnast. Children will have the opportunity to enhance their development skills: jumping, kicking, rolling, and climbing. They will have a blast learning new tricks on a wide variety of equipment.

(Guardian Participation Required)

**\$42**

### INTRODUCTORY GYMNASTICS | Ages 3-4

Monday | 4:45—5:15 pm

This preschool class will focus on large motor skills and developing confidence on equipment. Each week your child will develop a sense of independence and confidence by engaging in stretching, songs, games and beginning gymnastics events.

**\$42**

### BEGINNER GYMNASTICS | Ages 5-8

Monday | 5:30–6:15 pm

Wednesday | 4:30-5:15 pm

This class allows your school aged child to further advance their gymnastic skills.

**\$63**

### INTERMEDIATE GYMNASTICS | Ages 6+

Monday | 6:30-7:15pm

This class is for the eager gymnast who can safely and comfortably perform a variety of gymnastics skills they should know how to perform (bridge, cartwheels and handstands). They will continue to increase their strength, flexibility and execution skills.

**\$63**

## TAE KWON DO

Ages 6+ | Monday | 5:30-6:20 pm

Learn discipline, respect, self-confidence, and self-defense in Tae Kwon Do. Students will learn a variety of kicks, stances, and board breaking, plus terminology and information on the origin of this art. A uniform (gi) is not required, but can be worn. Open to all.

**\$63**



## DANCE

*All dance classes are non-competitive, promoting self-confidence and freedom of expression, and teaching students fun and healthy ways to stay active and well.*

### DANCING TOTS | Ages 2-3

Thursday | 4:15-4:45 pm

Music, movement and beginning dance steps are introduced in a fun and energetic environment.

**\$42**

### BEGINNING BALLET/TAP | Ages 3-5

Thursday | 4:45—5:15 pm

In this preparatory class, your tiny dancer will learn basic steps while also learning how to follow direction and imitate movement. Opportunities for creative movement and engaging music will be used to help keep them enthusiastic.

**\$42**

### BALLET/TAP | Ages 6+

Thursday | 5:30-6:15 pm

In this class young dancers will begin to learn technical skills, gain physical strength, and develop focus. They will also learn dance terminology, basic positions and posture. Students will use barre and center floor work to improve their ballet Technique.

**\$63**

eliminating racism  
empowering women

**ywca**

Greater Green Bay