

Youth Land Programs

Spring 2 | April 3 – June 3, 2023

updated 2/15/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:00-4:30 pm Introductory Gymnastics	4:00-4:45 pm Beginner Gymnastics		
5:30-6:15 pm Tae Kwon Do		4:45-5:15 pm Tumbling Tots	5:00-5:45 pm Intermediate Gymnastics		

Class Descriptions:

Beginner Gymnastics (Ages 5-8 Years Old)

This class allows your school age child to build their gymnastics abilities by focusing on skills like performing a bridge, cartwheels, and handstands.

Intermediate Gymnastics (Ages 5-9 Years Old)

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.

Introductory Gymnastics (Ages 3-4 Years Old)

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 gymnastic events.

Tae Kwon Do (Ages 6+ Years Old)

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

Tumbling Tots (Ages 1½-3 Years Old)

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)

Please note:

- All lessons are held once per week.
- No make-up classes, credits, or refunds are given if class is canceled due to inclement weather, COVID, or if your child misses a class.
- While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.
- No classes on Saturday 5/27-5/29. Prices have been prorated for these days.

Register Online



<https://bit.ly/3d6Kv8l>