



GYMNASTICS

AGES
2 - 18 Years

DATES
September 3, 2025 - June 22, 2026

PROGRAM FEES per month

REQUIRED EQUIPMENT
Fitted clothing or leotard
Water bottle
No shoes or socks
No loose jewelry
Long hair must be pulled back

GYMNASTICS offers a solid foundation for all sports as it promotes development of both gross and fine motor skills, strength, flexibility, and body awareness.

Not only do gymnasts develop physical fitness but, they also build confidence, learn how to deal with fear, and effectively overcome obstacles and challenges.

Please note: Schedule subject to change based on enrollment.

PRESCHOOL GYMNASTICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PARENT & TOT 2 - 3 Years 30 min.			9:30-10:00AM 6:00-6:30PM	10:15-10:45AM 5:15-5:45PM	5:15-5:45PM	
CLASS A 3 - 4 Years 45 min.			10:00-10:45AM 4:30-5:15PM 5:15-6:00PM	11:45AM-12:30	5:45-6:30PM	9:00-9:45AM 10:00-10:45AM 11:00-11:45AM
CLASS G (GIRLS) 5 - 6 Years 45 min.	4:30-5:00PM		11:00-11:45AM 6:15-7:00PM	4:30-5:15 PM	4:30-5:15PM	12:00-12:45PM
GYMNASTICS						
CLASS 1 6 - 12 Years 45 min.	6:15 - 7:00PM	4:30-5:15PM	4:30-5:15PM 5:15-6:00PM		4:30-5:15PM	11:00-11:45AM
CLASS 2 6 - 12 Years 45 min.	4:30-5:15PM	5:15-6:00PM	4:30-5:15PM		5:30-6:15PM	10:00-10:45AM
CLASS 3 8 - 14 Years 45 min.	5:15-6:00PM	6:15-7:00PM	6:15-7:00PM			9:00-9:45AM
CLASS 4 8 - 14 Years Class 4 1 hr.			7:15-8:15PM			
TEENS/TWEENS 11 - 18 Years 1 hr.			7:15-8:15PM			
TUMBLING						
BEGINNER 6 - 12 Years 45 min.	5:15-6:00PM					12:15-1:00PM
INTERMEDIATE 8 - 14 Years 45 min.	7:00-7:45PM					
BACK HANDSPRING 10 - 18 Years 1 hr.	7:45-8:45PM					
BOYS GYMNASTICS						
BOYS 5 - 18 Years 1 hr.					7:00-8:00PM	12:15-1:15PM

Questions?
Please contact
Jessica Rockwell,
Gymnastics Supervisor
jrockwell@nnyymca.org
315.755.9622



NINJA

AGES

18 Months - 15 Years

DATES

September 3, 2025 - June 22, 2026

REQUIRED EQUIPMENT

- Fitted clothing or leotard
- Water bottle
- No shoes or socks
- No loose jewelry
- Long hair must be pulled back

Our Ninja Warrior-style **YMCA NINJA PROGRAM**, helps develop confidence and increase body awareness on age-appropriate obstacle courses with elements of running, jumping, climbing, crawling, balancing, and agility.

Parent & Tot (18mo - 3yrs) - Parents guide child's exploration & activities

Mini Ninja (3 - 5yrs) - A fun, first solo class with cardio & strength games

Avalanche* (4 - 6yrs) - Build on strength progressions & add gymnastics skills
 *Prerequisite: Class A or Mini Ninja

Shadow/Stealth Ninja (5 - 15yrs) - Strength & cardio for better coordination & agility

All Ages Ninja (6 - 13yrs) - Great for siblings!

Please note: Schedule subject to change based on enrollment.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PARENT NINJA	9:30-10:00AM	9:30-10:00AM				8:15-8:45AM
18 months - 3 years	5:45-6:15PM	5:15-5:45PM			5:15-5:45PM	
MINI NINJA	10:00-10:45AM				4:30-5:15PM	9:15-10:00AM
3 - 5 years	10:45-11:30AM	11:00-11:45AM				10:15-11:00AM
	5:00-5:45PM	4:30-5:15PM				11:15AM-12:00
		6:00-6:45PM				12:15-1:00PM
AVALANCHE	11:45AM-12:45					
4 - 6 years	6:15-7:15PM				6:00-7:00PM	
SHADOW NINJA				4:15-5:00PM	5:00-5:45PM	9:15-10:00AM
5 - 8 years				5:00-5:45PM		
				6:00-6:45PM		
STEALTH NINJA						
9 - 15 years				6:00-6:45PM	6:00-6:45PM	
ALL AGES NINJA						
6 - 13 years						10:15-11:00AM

Questions? Please contact
 Jessica Rockwell, Gymnastics Supervisor
 jrockwell@nnyymca.org
 315.755.9622



PLAYGROUP / OPEN GYM

PROGRAM FEES

Members	FREE
Non-Members	\$10.00 (Under 5)
Non-Members	\$15.00 (Over 5)

REQUIRED EQUIPMENT

Water bottle
Athletic clothing
No shoes or socks

PLAYGROUP

AGES: 18 Months – 5 Years*

*Parent/Guardian must be present at all times.

DAYS/TIMES: 12:00 – 1:00 PM
Tuesdays & Wednesdays

BIG KIDS OPEN GYM

AGES: 5 – 15 Years

DAYS/TIMES: 2:30 – 3:30 PM
Saturdays



PLAYGROUP is a great time for little ones to run out their energy in a safe space, practice skills, and make new friends. Parents will guide their child through activities like walking on the balance beam, jumping in the foam pit, climbing, bouncing, and more.

Parents are not allowed on equipment, but are able to help introduce their children to new challenges through unstructured play, helping them feel comfortable playing with other kids.



BIG KIDS OPEN GYM

provides older children a chance to try out equipment and meet new friends.

Our Y Staff will be on hand to ensure safety and enforce equipment rules. Some equipment may be off limits based on experience, age, or capacity. Parents/guardians may not be in the gym.



PROGRAM BENEFITS

- Allows children to develop social skills at their own pace
- Builds a child's emotional confidence and autonomy
- Supports children's imagination and creativity
- Encourages physical activity

Questions?
Please contact
Janet Bleau, Gymnastics Director
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315.755.9622