



LEAP TO NEW HEIGHTS

Discover Your Potential in
YMCA Gymnastics



2026/2027 RECREATIONAL GYMNASTICS SEASON

- Session 1: Aug 10-Oct 10
- Session 2: Oct 12-Dec 18
- Session 3: Jan 4-Mar 6
- Session 4: March 8-May 8

WIPP, UMC, WDS, Guppies and Homeschool begins the week of September 1.

YMCA OF COASTAL GEORGIA
ymcaofcoastalga.org

YMCA Gymnastics builds strength, confidence, and character in a fun, supportive environment. Our coaches help gymnasts of all ages reach their potential through progressive skill development based on USA Gymnastics standards.

We offer classes for boys and girls, plus tumbling, summer camps, open gym and special events throughout the year. Students advance through skill levels at their own pace, mastering fundamentals before moving forward.

Classes are 8 week sessions with 1 week off for cleaning and lesson planning

For more info, contact Amber Geisler at 912-879-1192 or amber.geisler@ymcaofcoastalga.org

Islands Family YMCA
66 Johnny Mercer Blvd, Savannah GA 31410





RECREATIONAL GYMNASTICS

Rates are per session • M=Member / NM=Non-member

Guppies (18 mo–2 years)

Interactive parent-assisted classes that build your child's body awareness and coordination using creative gymnastics obstacles.

- Fee (M/NM): \$70/\$90
- 45 minutes, once a week
- Thursday: 11am – 12pm

Sea Stars (Ages 3–4)

Little ones develop motor skills through obstacle courses and also learn about colors, shapes and counting.

- Fee (M/NM): \$135/\$180
- 45 minutes, once a week
- Monday: 3:45–4:30, 4:30–5:15
- Tuesday: 3:45–4:30, 4:00–5:00
- Wednesday: 3:45–4:30, 4:00–4:45, 5:00 – 5:45
- Thursday: 4:00–4:45, 5:00–5:45

Beginner Boys (Ages 5–18)

Introduces the six men's competitive events: vault, high bar, pommel horse, parallel bars, rings and floor exercise. The class focuses on body awareness and basic skills progression for each event.

- Fee (M/NM): \$165/\$222
- 1 hour, once a week
- Tuesday: 4:00–5:00
- Thursday: 4:00–5:00

Advanced Beginner Boys (Ages 5–18)

Gymnasts continue the skill progressions introduced in the Beginner class while emphasizing correct technique and building strength.

- Fee (M/NM): \$177/\$240
- 1 hour, 15 minutes, once a week
- Invite only
- Tuesday: 5:00 – 6:15
- Thursday: 5:00 – 6:15

Pre-Team Boys (Ages 5–18)

This class is designed as a preparation for the USAG Competitive Program. Gymnasts continue to develop their strength and flexibility while beginning to learn the skills required for Team.

- Fee (M/NM): \$286/\$352
- 2 hours, twice a week
- Invite only
- Tuesday and Thursday: 6:15–7:45

Level 1 Girls (Ages 5–18)

This beginner class is a fun introduction to the four women's competitive events. We focus on body awareness and begin progressions for the basic skills on each event.

- Fee (M/NM): \$176/\$236
- 1 hour, once a week
- Monday: 4:00–5:00, 5:00–6:00, 4:30–5:30, 5:30–6:30
- Tuesday: 4:30–5:30, 5:00–6:00
- Wednesday: 4:00–5:00, 4:30–5:30, 5:00–6:00
- Thursday: 4:00–5:00, 5:00–6:00

Level 2 Girls (Ages 5–18)

Gymnasts continue the skill progressions introduced in Level 1 class with emphasis on correct technique while developing greater strength and flexibility.

- Fee (M/NM): \$213.75/\$273.75
- 1:15 hours, once a week
- Invite only
- Monday: 6:00 – 7:15
- Tuesday: 5:30 – 6:45
- Wednesday: 5:45 – 7:00, 6:00 – 7:15

Level 3 Girls (Ages 5–18)

This class is designed as a preparation for USAG Competitive Program. Gymnasts continue to develop their strength and flexibility while beginning to learn the skills required for Team.

- Fee (M/NM): \$324/\$384
- 1:30 hours, twice a week
- Invite only
- Monday and Wednesday 5:30 – 7:00



ADDITIONAL PROGRAMS

Rates are per month

Preschool Gymnastics (Ages 3–4)

Available through UMC, WIPP and Whitmarsh Day School.

- Fee: \$70
- 45 Minutes, once a week
- WIPP: Tuesday 12:15–1:00
- UMC: Tuesday 1:15–2:00
- WDS: Thursday 1:15–2:00

Homeschool Gymnastics (Ages 5+)

Recreational Gymnastics for ages 5 and up in a homeschool program.

- Fee (M/NM): \$100/\$125
- 1 Hour, once a week
- Thursday 12:00–1:00

Tumbling (Ages 5+)

Build tumbling skills that enhance performance across multiple sports. Program is for children 5 and up with direct supervision.

- Fee (M/NM): \$100/\$125
- 1 hour, once a week
- Thursday: 6:00–7:00

SPECIAL ACTIVITIES

Open Gym (Ages 5+)

Self-directed training time with supervision, allowing kids to perfect their gymnastics skills in a fun and safe environment.

- Fee (M/NM): \$20/\$35
- Second Saturday of the month, 2:00–4:00pm

HOLIDAYS

Labor Day – Sep 7th
 Thanksgiving – Nov 23–27
 Christmas/New Year – Dec 13–Jan 3
 Martian Luther King – Jan 18
 Spring Break – March 26–April 4
 St. Patricks Day – March 17
 Good Friday – March 26
 Easter – March 28
 Showcase – May 8