

Youth Gymnastics

Through Miami's nationally recognized Gymnastics Team, a club sport that travels around the country competing against other colleges and universities, we offer a youth gymnastics program for children ages 2+ at Withrow Court. Each class has an experienced lead instructor that has been background-checked and maintains certifications in gymnastics safety and CPR/First Aid. Activities are designed for instruction, recreation and fitness in the format of group lessons, private and semi-private lessons, birthday parties and a competitive team that competes in meets throughout the tri-state.

Classes begin Monday, September 8 and continue for 12 weeks (no classes the week of November 24). Participants may sign up for a 12-week or 6-week commitment. Member rates apply to Family and Individual Plus Rec Center memberships. Classes meet once per week.

Register at the Pro Shop of Miami's Rec Center through Sunday, August 31

Pricing Structure	Member	Non-Member
12 Week Program (all classes except parent/child & preschool)	\$120	\$135
12 Week Program (parent/child & preschool classes)	\$80	\$95
6 Week Program (all classes except parent/child & preschool)	\$66	\$75
6 Week Program (parent/child & preschool classes)	\$45	\$53
Private Lessons (12)	\$276	\$326
Private Lessons (6)	\$150	\$180
Semi-Private Lessons (12) – <i>total price for 3 participants</i>	\$468	\$576
Semi-Private Lessons (6) – <i>total price for 3 participants</i>	\$270	\$324
Youth Competition Team Lessons	\$160	\$180



For more information please contact
Gabby Walsh at walshgl@MiamiOh.edu
or Mike Arnos at (513) 529-8179



Activity Descriptions

Parent/Child: Mon (4:15 - 5 p.m.), Tue (4:15 - 5:00 p.m.), Wed (5 - 5:45 p.m.) or Thu (4:30 - 5:15 p.m.)

For children ages 2-3 accompanied by one parent on the gymnastics equipment. Both parent and instructor are involved in helping the child perform basic movement and gymnastics skills.

Preschool: Mon (5 - 5:45 p.m.), Tue (4:15 - 5 p.m.), Wed (5 - 5:45 p.m.), Thu (4:30 - 5:15 p.m.), or Thu (5:30 - 6:15 p.m.)

For children ages 3-4 to learn the basics of gymnastics such as forward and backward rolls, walking on the balance beam, and holding up on the bar.

Beginner Girls 1 (Pink): Mon (5 - 6 p.m.), Tue (6 - 7 p.m.), Wed (5 - 6 p.m.), Wed (6 - 7 p.m.), Thu (5:30 - 6:30 p.m.), or Thu (6:30 - 7:30 p.m.)

For girls ages 4-6 that have never taken gymnastics to learn the basics such as handstands, cartwheels, walking on beam, running and jumping on vault, and bar pull overs.

Beginner Girls 2 (Yellow): Tue (5 - 6 p.m.), Wed (6 - 7 p.m.), or Thu (5:30 - 6:30 p.m.)

For girls ages 7-8 that have never taken gymnastics to learn the basics such as handstands, cartwheels, walking on beam, running and jumping on vault, and bar pull overs.

Beginner Girls 3 (Green): Mon (5 - 6 p.m.)

For girls ages 9+ that have never taken gymnastics to learn the basics such as handstands, cartwheels, walking on beam, running and jumping on vault, and bar pull overs.

Intermediate Girls 1 (Orange): Tue (6 - 7 p.m.), Wed (7 - 8 p.m.), or Thu (4:30 - 5:30 p.m.)

For girls ages 7-9 to learn slightly more advanced skills such as round offs, back walkovers, back hip circles on bars, and handstands / cartwheels on beam.

Intermediate Girls 2 (Red): Tue (5 - 6 p.m.) or Wed (6 - 7 p.m.)

For girls ages 9+ to learn slightly more advanced skills such as round offs, back walkovers, back hip circles on bars, and handstands / cartwheels on beam.

Advanced Girls (Magenta): Tue (5 - 6 p.m.)

For girls ages 4-6 to learn skills in preparation for competition team. To be in this class girls should be previously screened by a competition team instructor.

Advanced Girls (Purple): Tue (7 - 8 p.m.)

For girls ages 7+ to learn skills such as back handsprings, round off back handsprings, front handsprings, and handstands and cartwheels on beam. To be in this class girls should know how to do a bridge kick over on the floor and a strong round off.

Beginner Tumbling: Tue (7 - 8 p.m.)

For girls ages 6+ trying to master the basics of tumbling. Girls will learn skills such as rolls, handstands, cartwheels, round offs, and bridge kick overs.

Beginner Boys (Blue 1): Mon (6 - 7 p.m.) or Thu (6:30 - 7:30 p.m.)

For boys ages 4-6 to learn the basics of gymnastics such as handstands, cartwheels, rolls, running and jumping on vault, and pull overs on bars.

Intermediate Boys (Blue 2): Mon (7 - 8 p.m.)

For boys ages 7+ to learn more skills on the boy's equipment such as the pommel horse and parallel bars while also working on tumbling skills such as round offs.

Dance / Cheer Tumbling 1: Mon (4 - 5 p.m.)

For girls ages 10+ to learn in preparation for dance or cheer tryouts or who are interested in introductory level tumbling with dance or cheer participation goals in mind for the future. Instructors are former dance and cheer participants at the collegiate level.

Dance / Cheer Tumbling 2: Tue (4 - 5 p.m.)

For girls ages 10+ to learn intermediate tumbling skills and techniques. Instructors are former dance and cheer participants at the collegiate level.

Competition Team: Mon (6 - 8 p.m.), Fri (5 - 7 p.m.), Sat (9 - 11 a.m.)

For youth ages 6+ that intend to commit to a competitive season of 5-6 meets held in the Tri-State area. Participants are selected based on a set of standards the individual must be able to perform. Apparel, administrative and lesson fees, travel, and event registrations are additional costs.