



Gymnastics

What class is right for my child?

Read each option to find the appropriate class for your child.

Register



Mini-Movers

Parent & Child

1 - 4 Years 30 Minutes



Mini-Movers classes are designed to introduce young children to the joy of movement through fun, age-appropriate activities inspired by gymnastics.

A parent or adult is needed to aid their child during class.



Developmental Gymnastics Classes

Gymnastics Classes teaching Foundations, Skills & Progressions and Advanced Skills.

Foundations

Jr Gymnastics 3-6 45 Minutes
Gymnastics 6+ 60 Minutes

Gymnasts develop basic strength, coordination, balance, and flexibility while learning fundamental skills on floor, bars, beam and vault.

Coaches focus on proper technique and body awareness through fun, engaging activities that build confidence and prepare athletes for the next level.

Who should register:

- Gymnasts with little to no experience

Skills & Progression

Jr Gymnastics 4-6 60 Minutes
Gymnastics 6+ 60 Minutes

Gymnasts improve strength, flexibility, and control as they work on longer holds, more advanced balance, and stronger tumbling skills, building on foundational skills with more challenging progressions.

Most gymnasts spend significant time here mastering the skills needed for advancement, all in a supportive and enjoyable environment.

Who should register:

- Gymnasts with 6 months+ of experience
- Completed Foundations
- Coach Recommendation

Advanced Skills

Gymnasts refine their technique and build strength toward higher-level skills. This class focuses on polishing body shapes, improving precision, and increasing control, preparing athletes for Pre-Team or Advanced Recreational Classes.

Who should register:

- Gymnasts with significant experience
- Completed Skills/Progressions
- Coach Recommendation

Whirlers Team

Ages 6+

Woodson YMCA Competitive Gymnastics

We offer competitive gymnastics Levels from 1- 10.

Our competitive team travels to different YMCAs throughout Wisconsin and Upper Michigan. Our competitive season concludes with our State meet in March.

Team holds annual tryouts every spring.

Coach Invitation Only



Whirlers Pre-Team

Ages 6+

Woodson YMCA Pre-Competitive Gymnastics Program

The next exciting step for gymnasts ready to deepen their skills and commitment. With twice-weekly, longer practices, athletes build strength, refine technique, and improve conditioning in a positive, team-focused environment.

Coach Invitation Only



Recreational

Gymnastics 7+ 75 Minutes

Advanced Recreational Gymnastics

Advanced Recreational Gymnastics class is perfect for gymnasts who have progressed through our program or have prior competitive experience but prefer a fun, without competition.

Who should register:

- Gymnasts wish to continue without joining Pre-Team or Team
- Completed Advanced Skills

Alternative Option

Interested? Email: Jackie Buem - Gymnastics Director - jbuemi@woodsonymca.com

the Y[®] Gymnastics

PARENT & CHILD • PRESCHOOL • YOUTH



Gymnastics Progression

At the Woodson YMCA, gymnasts can reach Pre-Team through our Jr. Gymnastics Ages 4–6 or our Gymnastics Ages 6+ Programs.

Jr. Gymnastics classes are held in a smaller, quieter gym and focus on age-appropriate skill development, strength, coordination, and confidence, using the same curriculum as our Gymnastics 6+ classes, but tailored to younger athletes.

The skill development is the same in both programs; only the environment and class structure differ to match each age group's needs. In either program, gymnasts progress through Foundational, Skills & Progressions, and Advanced Skills classes.

Once mastered, they are invited to join Pre-Team, which prepares them for the demands and routines of our Competitive Team.

For gymnasts who prefer to advance their skills without competing, we also offer Advanced Recreational Gymnastics classes throughout the year.

What to Wear: The YMCA strives to be a safe environment for all. Gymnasts do not need a gymnastics leotard, however it is recommended. No skirt type dance leotards, the skirt will wrap around the bar and tear. Gymnasts can wear capris leggings or shorts but t-shirts must be tucked in so midriff is covered at all times. Bare midriffs are not allowed. No jeans or pants with metal snaps. Long hair should be tied back and no jewelry.

For More Information, Class Times & Fees Visit:



Jr. Gymnastics Age 4–6
WoodsonYMCA.com/jr-gymnastics



Gymnastics Age 6+
WoodsonYMCA.com/developmental-gymnastics

Register Online or Call:

Woodson YMCA – Wausau Branch
707 N. 3rd St., Wausau, 54403 | 715-845-2177

If you have Gymnastics questions, please email:
Jackie Buemi, Gymnastics Director
jbuemi@woodsonymca.com

Winter 1: December 1 – January 25

Registration Now Open

No Classes: Christmas Break

Monday, December 22 – Friday, January 2

Winter 2: January 26 – March 8

Registration Opens

Y Members: December 11

Open to All: December 15

No Classes: January 16–18

