



YOUTH PERFORMANCE TRAINING

Sign Up!

Train like a gymnast and boost your performance in any sport!

Our Youth Performance Training classes focus on building the key physical skills athletes need to excel—agility, strength and flexibility—through fun, targeted exercises inspired by gymnastics training methods. Whether you're into soccer, dance, cheer or any other sport, these classes will help you move better, stay strong, and reduce injury risk.

Strength, Agility & Flexibility Classes

Sign Up is Open - Register Online Today!

Ages 5-9 | Tuesday or Thursday
5:40 pm - 6:10 pm

Ages 9-14 | Tuesday or Thursday
6:15 pm - 7:00 pm



Registration & Class Information at:
WoodsonYMCA.com/ypt



Boys & Girls Ages 5+
Registration Required

Spring 1: March 9 - April 26

Member Registration:

Thursday, Feb. 19 at 8am

Open to All: Thursday, Feb. 26 at 8am

Spring 2: April 27 - June 7

Member Registration:

Thursday, Feb. 19 at 8am

Open to All: Thursday, Feb. 26 at 8am

Questions? Contact Jackie Buemi
Gymnastics Director
Email: jbuemi@woodsonymca.com

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HOMESCHOOL GYM CLASSES

Sign Up!

Our Homeschool Gymnastics program offers two unique options to keep kids active, engaged, and learning.

Homeschool Recreational Class: Focusing on movement, agility, coordination, and body awareness through a variety of fun activities in the gymnastics gym — perfect for students who want to stay active and explore different ways to move.

Homeschool Gymnastics Class: Providing a structured path for athletes ready to build on foundational gymnastics skills and work toward more advanced techniques in a smaller, focused group setting.

Our classes offer a supportive, age-appropriate environment where homeschool students can grow, make friends, and enjoy an active lifestyle.

Registration is Open – Sign Up Today!

Homeschool Recreational Class

Tuesdays

11:15am – 12pm

Homeschool Gymnastics Class

Tuesdays

11:45am – 12:30pm

Tuesdays

11:15 pm – 12pm



Registration & Class Information at:
WoodsonYMCA.com/homeschool-gym



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Looking for daytime classes for ages 6 and under?
See our Mini-Movers & Jr Gymnastics Classes

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