the YMCA 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.

Winter: January 2 – February 21

Registration Opens

Y Members: Friday, November 20 at 8 AM

Open to All – Friday, November 27 at 8 AM

No Classes January 17–18

Spring 1: February 22 – April 18

Registration Opens

Y Members: Friday, February 4 at 8 AM

Open to All – Friday, February 11 at 8 AM

No Classes March 20–28

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

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