



REACHING NEW HEIGHTS

Gymnastics is beneficial for each child's physical and mental development. At the Y, we will help your child develop coordination, flexibility, strength & positive self-esteem while learning fun, new skills. We provide a positive environment for a confidence building experience!



GYMNASTICS

UPDATED ON: JULY 27, 2016

STAFF CONTACTS

HVY - Jenna Randerson Gymnastics Coordinator P 830.5716 E jranderson@ymcafoxcities.org

FALL GYMNASTICS SESSION - 14-WEEKS

YMCA Member Registration for gymnastics:

Thursday, August 11, 2016 - 6:00 AM

[CLICK HERE](#) for detailed information about the gymnastics registration process

General Public Registration: Thursday, August 18, 2016 at 6:00 AM

PRESCHOOL GYMNASTICS

Fall gymnastics classes at the Heart of Valley YMCA consist of one 14-week session. Participants will be evaluated on the first day of the session and put into groups with others in their own ability level. The 14-week session will offer many learning opportunities for the gymnasts. Participants may join class at any point during the session.

TUMBLE BUGS (PARENT/CHILD CLASS-WALKING-AGE 2 YEARS) (HVY)

During the class, the parent works with the developing child through activities designed to improve balance, strength, large muscle development, gross and fine motor skills, as well as hand eye coordination. Class also involves songs and social play. Must be accompanied by an adult.

TUMBLE TOTS (PARENT/CHILD CLASS-AGES 2-3 YEARS) (HVY)

During the class, the parent works with the developing child through activities designed to improve balance, strength, and large muscle development, gross and fine motor skills, as well as hand eye coordination and some basic gymnastics skills. Class also involves songs and social play. Must be accompanied by an adult.

TUMBLE STARS (AGES 3-4 YEARS) (HVY)

Class is for the growing toddler who is ready to participate in class without parents. Focus on learning beginning gymnastics skills and improving coordination, strength and flexibility. Children will learn how to follow circuits and simple directions.

TUMBLE SUPERSTARS (AGES 4-6 YEARS) (HVY)

Class is for a preschooler who has gymnastics experience and needs to be challenged physically as they are ready to learn skills that are more advanced. Pre-requisite skills include forward roll, beginner cartwheel, balance on one foot on low beam and holding front support on bar or at least 5 years of age.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Bugs - With Adult	HVY	Walking-2 years	M	9:00 AM	9:45 AM	\$32	\$64
Tumble Bugs - With Adult	HVY	Walking-2 years	W	9:00 AM	9:45 AM	\$32	\$64
Tumble Bugs - With Adult	HVY	Walking-2 years	W	4:15 PM	5:00 PM	\$32	\$64
Tumble Bugs - With Adult	HVY	Walking-2 years	R	9:00 AM	9:45 AM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	M	10:00 AM	10:45 AM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	M	5:15 PM	6:00 PM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	T	9:00 AM	9:45 AM	\$32	\$64

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Tots - With Adult	HVY	2-3 years	T	6:15 PM	7:00 PM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	W	10:00 AM	10:45 AM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	R	10:00 AM	10:45 AM	\$32	\$64
Tumble Tots - With Adult	HVY	2-3 years	F	9:15 AM	10:00 AM	\$32	\$64
Tumble Stars	HVY	3-4 years	M	9:15 AM	10:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	M	4:15 PM	5:00 PM	\$62	\$104
Tumble Stars	HVY	3-4 years	T	9:15 AM	10:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	T	10:00 AM	10:45 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	T	5:15 PM	6:00 PM	\$62	\$104
Tumble Stars	HVY	3-4 years	W	9:15 AM	10:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	W	10:15 AM	11:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	W	1:45 PM	2:30 PM	\$62	\$104
Tumble Stars	HVY	3-4 years	R	9:15 AM	10:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	R	10:45 AM	11:30 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	R	4:15 PM	5:00 PM	\$62	\$104
Tumble Stars	HVY	3-4 years	F	9:00 AM	9:45 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	F	10:15 AM	11:00 AM	\$62	\$104
Tumble Stars	HVY	3-4 years	S	11:30 AM	12:15 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	M	10:15 AM	11:00 AM	\$62	\$104
Tumble Superstars	HVY	4-6 years	M	6:15 PM	7:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	T	10:15 AM	11:00 AM	\$62	\$104
Tumble Superstars	HVY	4-6 years	T	1:00 PM	1:45 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	W	1:00 PM	1:45 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	W	5:15 PM	6:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	R	10:15 AM	11:00 AM	\$62	\$104
Tumble Superstars	HVY	4-6 years	R	5:15 PM	6:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	R	6:15 PM	7:00 PM	\$62	\$104
Tumble Superstars	HVY	4-6 years	F	10:00 AM	10:45 AM	\$62	\$104
Tumble Superstars	HVY	4-6 years	S	10:45 AM	11:30 AM	\$62	\$104

YOUTH GYMNASTICS (AGES 6-17 YEARS)

The Heart of the Valley YMCA offers gymnastics for boys and girls from the age of 6 to 17 years in a 14-week session. All gymnastics instruction is done with a step-by-step approach and every child is challenged in a safe and positive environment. Children will be grouped by age and skill level.

ADVANCED GYMNASTICS (AGES 6-17 YEARS) (HVY)

Classes are available for those that have mastered a pullover on bars, a bridge kick over and a round off on the floor.

BOYS GYMNASTICS (AGES 6-17 YEARS) (HVY)

Classes for boys only which concentrates on introducing boys to the sport of gymnastics and building flexibility, strength, and confidence.

GIRLS GYMNASTICS (AGES 6-17 YEARS) (HVY)

These classes are geared towards both the beginner and intermediate gymnast. They will learn skills in all four events, balance beam, floor, bars and vault. Girls who are 6 years old and are brand new to gymnastics are encouraged to register for Tumble Superstars before entering in to Girls Gymnastics.

Fall Session 1: September 6-October 23, 2016

(Monday classes prorated for Labor Day)

Fall Session 2: October 24-December 18, 2016

(No Classes November 21-27, 2016)

This is a working document and is subject to change.

TOTALLY TUMBLING (AGES 6-14 YEARS) (HVY)

Perfect class for those who want to concentrate on just tumbling and floor gymnastics skills.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys Gymnastics	HVY	6-9 years	T	5:15 PM	6:00 PM	\$62	\$104
Boys Gymnastics	HVY	6-9 years	W	4:15 PM	5:00 PM	\$62	\$104
Boys Gymnastics	HVY	6-9 years	W	5:15 PM	6:00 PM	\$62	\$104
Boys Gymnastics	HVY	10-17 years	T	7:00 PM	8:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	M	5:00 PM	6:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	M	6:00 PM	7:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	T	5:00 PM	6:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	T	7:00 PM	8:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	W	5:00 PM	6:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	W	6:00 PM	7:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	R	4:00 PM	5:00 PM	\$72	\$120
Girls Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$72	\$120
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:00 PM	7:00 PM	\$72	\$120
Girls Gymnastics 10 & Up	HVY	10-17 years	W	7:00 PM	8:00 PM	\$72	\$120
Totally Tumbling	HVY	6-14 years	S	10:00 AM	10:45 AM	\$62	\$104
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$72	\$120
Advanced Gymnastics	HVY	6-9 years	W	6:00 PM	7:00 PM	\$72	\$120
Advanced Gymnastics	HVY	6-9 years	W	7:00 PM	8:00 PM	\$72	\$120
Advanced Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$72	\$120
Advanced Gymnastics	HVY	6-9 years	R	6:00 PM	7:00 PM	\$72	\$120
Advanced Gymnastics	HVY	6-9 years	S	9:00 AM	10:00 AM	\$72	\$120
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	7:00 PM	8:00 PM	\$72	\$120
Advanced Gymnastics 10 & Up	HVY	10-17 years	T	4:00 PM	5:00 PM	\$72	\$120

TWISTERS GYMNASTICS TEAM - COMPETITIVE PROGRAM

Friendships start here! Come learn to love the sport of gymnastics at the Y. Competitive Gymnastics helps youth value hard work, reach for excellence and enjoy spirited competition, all while making new friends, improving skills and being active at the Y! Pre-Team programs as well as competitive teams Level 3 and up are offered year-round. Youth are recommended by class instructors to join the pre-team and team programs. Skill evaluations are also available upon request. For more information, please contact HVY's Gymnastics Coordinator, Jenna Randerson at 830.5716.