



# 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

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### STAFF CONTACTS

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### FALL GYMNASTICS SESSION

**Heart of the Valley YMCA classes are 14-WEEKS: September 5 – December 17, 2017**

**Registration for Members begins on August 21.**

**Registration for General Public begins on August 24.**

**Fox West YMCA classes are 7-WEEKS:**

**Session 1: September 5 – October 22, 2017**

**Registration for Members begins on August 21.**

**Registration for General Public begins on August 24.**

**Session 2: October 23 – December 17, 2017**

**Registration for Members begins on October 16.**

**Registration for General Public begins on October 19.**

## HEART OF THE VALLEY YMCA PRESCHOOL GYMNASTICS

Winter 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. All classes are held in the Gymnastics Center unless noted.

### **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.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Tumble Bugs - With Adult	HVY	Walking-2 years	M	9:00 AM	9:45 AM	\$33	\$65
Tumble Bugs - With Adult	HVY	Walking-2 years	W	9:00 AM	9:45 AM	\$33	\$65
Tumble Bugs - With Adult Blue MP Room	HVY	Walking-2 years	W	4:15 PM	5:00 PM	\$33	\$65
Tumble Bugs - With Adult	HVY	Walking-2 years	R	9:00 AM	9:45 AM	\$33	\$65
Tumble Tots - With Adult	HVY	2-3 years	M	10:00 AM	10:45 AM	\$33	\$65
Tumble Tots - With Adult Blue MP Room	HVY	2-3 years	M	5:15 PM	6:00 PM	\$33	\$65
Tumble Tots - With Adult	HVY	2-3 years	T	9:00 AM	9:45 AM	\$33	\$65
Tumble Tots - With Adult Blue MP Room	HVY	2-3 years	T	4:15 PM	5:00 PM	\$33	\$65
Tumble Tots - With Adult	HVY	2-3 years	W	10:00 AM	10:45 AM	\$33	\$65
Tumble Tots - With Adult	HVY	2-3 years	R	10:00 AM	10:45 AM	\$33	\$65
Tumble Tots - With Adult	HVY	2-3 years	F	9:15 AM	10:00 AM	\$33	\$65
Tumble Stars	HVY	3-4 years	M	9:15 AM	10:00 AM	\$65	\$105
Tumble Stars-Blue MP Room	HVY	3-4 years	M	4:15 PM	5:00 PM	\$65	\$105
Tumble Stars	HVY	3-4 years	T	9:15 AM	10:00 AM	\$65	\$105
Tumble Stars	HVY	3-4 years	T	10:00 AM	10:45 AM	\$65	\$105
Tumble Stars-Blue MP Room	HVY	3-4 years	T	6:15 PM	7:00 PM	\$65	\$105
Tumble Stars	HVY	3-4 years	W	9:15 AM	10:00 AM	\$65	\$105
Tumble Stars	HVY	3-4 years	W	10:15 AM	11:00 AM	\$65	\$105
Tumble Stars	HVY	3-4 years	W	1:45 PM	2:30 PM	\$65	\$105
Tumble Stars	HVY	3-4 years	R	9:15 AM	10:00 AM	\$65	\$105
Tumble Stars-Blue MP Room	HVY	3-4 years	R	4:15 PM	5:00 PM	\$65	\$105
Tumble Stars	HVY	3-4 years	F	9:00 AM	9:45 AM	\$65	\$105
Tumble Stars	HVY	3-4 years	F	10:15 AM	11:00 AM	\$65	\$105
Tumble Stars	HVY	3-4 years	S	11:30 AM	12:15 PM	\$65	\$105
Tumble Superstars	HVY	4-6 years	M	10:15 AM	11:00 AM	\$65	\$105
Tumble Superstars-Blue MP Room	HVY	4-6 years	M	6:15 PM	7:00 PM	\$65	\$105
Tumble Superstars	HVY	4-6 years	T	10:15 AM	11:00 AM	\$65	\$105
Tumble Superstars- Blue MP Room	HVY	4-6 years	T	5:15 PM	6:00 PM	\$65	\$105
Tumble Superstars	HVY	4-6 years	W	1:00 PM	1:45 PM	\$65	\$105
Tumble Superstars-Blue MP Room	HVY	4-6 years	W	5:15 PM	6:00 PM	\$65	\$105
Tumble Superstars-Blue MP Room	HVY	4-6 years	W	6:15 PM	7:00 PM	\$65	\$105
Tumble Superstars	HVY	4-6 years	R	10:15 AM	11:00 AM	\$65	\$105
Tumble Superstars-Blue MP Room	HVY	4-6 years	R	5:15 PM	6:00 PM	\$65	\$105
Tumble Superstars-Blue MP Room	HVY	4-6 years	R	6:15 PM	7:00 PM	\$65	\$105
Tumble Superstars	HVY	4-6 years	F	10:00 AM	10:45 AM	\$65	\$105
Tumble Superstars	HVY	4-6 years	S	10:45 AM	11:30 AM	\$65	\$105

## **HEART OF THE VALLEY YMCA 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.

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

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

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Boys Gymnastics	HVY	6-9 years	T	5:15 PM	6:00 PM	\$65	\$105
Boys Gymnastics	HVY	6-9 years	W	4:15 PM	5:00 PM	\$65	\$105
Boys Gymnastics	HVY	6-9 years	W	5:15 PM	6:00 PM	\$65	\$105
Boys Gymnastics	HVY	10-17 years	T	7:00 PM	8:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	M	5:00 PM	6:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	M	6:00 PM	7:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	T	5:00 PM	6:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	T	7:00 PM	8:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	W	5:00 PM	6:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	W	6:00 PM	7:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	R	4:00 PM	5:00 PM	\$75	\$120
Girls Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$75	\$120
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:00 PM	7:00 PM	\$75	\$120
Girls Gymnastics 10 & Up	HVY	10-17 years	W	7:00 PM	8:00 PM	\$75	\$120
Totally Tumbling	HVY	6-14 years	S	10:00 AM	10:45 AM	\$65	\$105
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$75	\$120
Advanced Gymnastics	HVY	6-9 years	W	6:00 PM	7:00 PM	\$75	\$120
Advanced Gymnastics	HVY	6-9 years	W	7:00 PM	8:00 PM	\$75	\$120
Advanced Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$75	\$120
Advanced Gymnastics	HVY	6-9 years	R	6:00 PM	7:00 PM	\$75	\$120
Advanced Gymnastics	HVY	6-9 years	S	9:00 AM	10:00 AM	\$75	\$120
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	7:00 PM	8:00 PM	\$75	\$120
Advanced Gymnastics 10 & Up	HVY	10-17 years	T	4:00 PM	5:00 PM	\$75	\$120

## **HEART OF THE VALLEY YMCA**

### **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 Competitive Gymnastics Coordinator, Jenna Randerson at 830.5716.

## FOX WEST YMCA GYMNASTICS

Fox West YMCA offers gymnastics classes for boys and girls from 3-13 years in a 7 week session. We currently offer 5 levels of classes depending on your child's age and skill level. Our classes are focused around tumbling and floor gymnastics. Our classes are fun while in a safe and positive environment.

### TUMBLING CLASSES AGES 3-13 YEARS

#### **BEGINNING TUMBLING (AGES 3-5 YEARS) (AGES 6-9 YEARS) (FWY)**

THIS IS GREAT FOR THE CHILD WHO HAS NEVER BEEN IN TUMBLING BEFORE. This tumbling class is for the child who is ready to learn beginning tumbling skills, while improving coordination and flexibility. Beginning tumbling gives your child the foundational skills to learn more advanced techniques.

#### **TUMBLING 1 (AGES 6-12 YEARS) (FWY)**

This class is for the child who wants to concentrate on just tumbling and floor exercise skills while improving coordination and flexibility. Your child will work on mastering cartwheels, backward rolls, headstands, handstands and more!

#### **ADVANCED TUMBLING 1 (AGES 6-12 YEARS) (FWY)**

This class is for children who have moved up from Tumbling 1. This class was created for the children almost ready for Tumbling 2.

#### **TUMBLING 2 (AGES 6-13 YEARS) (FWY)**

This class is for children who have been moved up by their Y instructor. If you have past experience and have mastered a cartwheel, handstand, round-off and handstand forward roll and are ready for more.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Beginning Tumbling	FWY	3-5 years	F	10:00 AM	10:45 AM	\$32	\$64
Beginning Tumbling	FWY	3-5 years	W	4:30 PM	5:15 PM	\$32	\$64
Beginning Tumbling	FWY	3-5 years	T	9:00 AM	9:45 AM	\$32	\$64
Tumbling 1	FWY	6-12 years	W	5:15 PM	6:00 PM	\$32	\$64
Tumbling 1	FWY	6-12 years	W	6:00 PM	6:45 PM	\$32	\$64
Advanced Tumbling 1	FWY	6-12 years	M	4:30 PM	5:15 PM	\$32	\$64
Tumbling 2	FWY	6-13 years	M	5:15 PM	6:00 PM	\$32	\$64