



# 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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 HVY – Jenna Randerson Competitive Gymnastics Coordinator P 830.5716 E [jranderson@ymcafoxcities.org](mailto:jranderson@ymcafoxcities.org)  
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 FWY - Kerry Wiitanen Childcare Services Director P 560.3417 E [kwiitanen@ymcafoxcities.org](mailto:kwiitanen@ymcafoxcities.org)

### SUMMER GYMNASTICS SESSION – 9-WEEKS

JUNE 12-AUGUST 27, 2017

(NO CLASSES JULY 3-9 DUE TO THE JULY 4<sup>TH</sup> HOLIDAY)

(NO CLASSES JULY 24-30 DUE TO A GYMNASTICS CAMP)

YMCA MEMBER REGISTRATION: MONDAY, MAY 1, 2017 AT 6:00 AM

GENERAL PUBLIC REGISTRATION: THURSDAY, MAY 18, 2017 AT 6:00 AM

### PRESCHOOL GYMNASTICS (HVY)

Summer Gymnastics classes at the Heart of Valley YMCA consist of one 9-week session. The kids will be evaluated on the first day of the session then put into groups of kids with their own ability level. The 9-week session will offer many learning opportunities for the gymnasts. Participants may join class at any point during the session.

### TUMBLE BUGS (WALKING-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 (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 more advanced skills. Pre-requisite skills include: forward roll, beginner cartwheel, balance on one foot on low beam, and holding front support on bar.

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	\$22	\$42
Tumble Bugs - With Adult	HVY	Walking-2 years	W	9:45 AM	10:30 AM	\$22	\$42
Tumble Tots - With Adult	HVY	2-3 years	M	10:00 AM	10:45 AM	\$22	\$42
Tumble Tots - With Adult	HVY	2-3 years	T	9:00 AM	9:45 AM	\$22	\$42
Tumble Tots - With Adult	HVY	2-3 years	W	4:15 PM	5:00 PM	\$22	\$42
Tumble Tots - With Adult	HVY	2-3 years	R	9:00 AM	9:45 AM	\$22	\$42

<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 Tots - With Adult	HVY	2-3 years	R	5:15 PM	6:00 PM	\$22	\$42
Tumble Stars	HVY	3-4 years	M	9:15 AM	10:00 AM	\$42	\$68
Tumble Stars	HVY	3-4 years	M	4:15 PM	5:00 PM	\$42	\$68
Tumble Stars	HVY	3-4 years	M	6:15 PM	7:00 PM	\$42	\$68
Tumble Stars	HVY	3-4 years	T	9:45 AM	10:30 AM	\$42	\$68
Tumble Stars	HVY	3-4 years	T	5:15 PM	6:00 PM	\$42	\$68
Tumble Stars	HVY	3-4 years	W	9:00 AM	9:45 AM	\$42	\$68
Tumble Stars	HVY	3-4 years	W	3:15 PM	4:00 PM	\$42	\$68
Tumble Stars	HVY	3-4 years	W	5:15 PM	6:00 PM	\$42	\$68
Tumble Stars	HVY	3-4 years	R	10:00 AM	10:45 AM	\$42	\$68
Tumble Stars	HVY	3-4 years	R	3:15 PM	4:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	M	10:15 AM	11:00 AM	\$42	\$68
Tumble Superstars	HVY	4-6 years	M	5:15 PM	6:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	M	3:15 PM	4:00PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	T	9:15 AM	10:00 AM	\$42	\$68
Tumble Superstars	HVY	4-6 years	T	3:15 PM	4:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	T	6:15 PM	7:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	W	10:45 AM	11:30 AM	\$42	\$68
Tumble Superstars	HVY	4-6 years	R	9:15 AM	10:00 AM	\$42	\$68
Tumble Superstars	HVY	4-6 years	R	4:15 PM	5:00 PM	\$42	\$68
Tumble Superstars	HVY	4-6 years	R	6:15 PM	7:00 PM	\$42	\$68

## **YOUTH GYMNASTICS (HVY)**

The Heart of the Valley YMCA offers gymnastics for boys and girls from the age of 5 to 17 years. All gymnastics instruction is done with a step-by-step approach. Every child is challenged in a safe and positive environment. Children will be grouped by age and skill level.

## **ADVANCED GYMNASTICS**

Classes are available for those that have mastered a Pull Over on bars, A Bridge Kick Over, and a Round Off.

<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	10:15 AM	11:00 AM	\$42	\$68
Boys Gymnastics	HVY	6-9 years	W	4:15 PM	5:00 PM	\$42	\$68
Boys Gymnastics	HVY	6-9 years	T	4:15 PM	5:00 PM	\$42	\$68
Boys Gymnastics	HVY	10-17 years	W	3:00 PM	4:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	M	5:00 PM	6:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	T	10:30 AM	11:30 AM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	T	6:00 PM	7:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	W	9:00 AM	10:00 AM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	W	3:00 PM	4:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	W	5:00 PM	6:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	W	6:00 PM	7:00 PM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	R	10:00 AM	11:00 AM	\$48	\$77
Girls Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$48	\$77
Girls Gymnastics 10 & Up	HVY	10-17 years	T	5:00 PM	6:00 PM	\$48	\$77
Girls Gymnastics 10 & Up	HVY	10-17 years	W	10:00 AM	11:00 AM	\$48	\$77

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Girls Gymnastics 10 & Up	HVY	10-17 years	R	4:00 PM	5:00 PM	\$48	\$77
Totally Tumbling	HVY	6-10 years	M	4:15 PM	5:00 PM	\$42	\$68
Advanced Gymnastics	HVY	6-9 years	M	3:00 PM	4:00 PM	\$48	\$77
Advanced Gymnastics	HVY	6-9 years	T	3:00 PM	4:00 PM	\$48	\$77
Advanced Gymnastics	HVY	6-9 years	T	5:00 PM	6:00 PM	\$48	\$77
Advanced Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$48	\$77
Advanced Gymnastics	HVY	6-9 years	R	5:00 PM	6:00 PM	\$48	\$77
Advanced Gymnastics 10 & Up	HVY	10-17 years	R	3:00 PM	4:00 PM	\$48	\$77
Advanced Gymnastics 10 & Up	HVY	10-17 years	W	5:00 PM	6:00 PM	\$48	\$77

### **TWISTERS GYMNASTICS TEAM - COMPETITIVE PROGRAM (HVY)**

Friendships Start Here! Come learn to love the sport of gymnastics at the YMCA. 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 YMCA! 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.

### **SUMMER GYMNASTICS CAMP 2017 – JULY 24-JULY 28 (HVY)**

Girls between the ages of six and eighteen are invited to join the Heart of the Valley YMCA Gymnastics program for this year's Summer Gymnastics Camp! Campers will enjoy working with women's competition apparatuses, TumbITrak, and our large loose foam pit. Throughout the camp emphasis is placed on developing new skills, improving existing skills, building confidence and having fun! All campers must bring their own sack lunch to camp. For more information, please contact HVY's Gymnastics Coordinator, Jenna Randerson at 830.5716.

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

#### **TUMBLING WILL BE OFFERED SUMMER SESSION 1 & 2 - NO CLASSES JULY 3-9, 2017**

The Fox West YMCA offers tumbling for boys and girls from the age of 2 to 13 years. Every child is challenged in a safe and positive environment. The classes are developed to meet your child's skill level. For more information contact Kerry Wiitanen 920.560.3417 [kwiitanen@ymcafoxcities.org](mailto:kwiitanen@ymcafoxcities.org).

### **TUMBLING TOTS (2-3 YEARS) (FWY) NEW!**

Your child will love this class. This class is to introduce tumbling, coordination and fun!

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

This tumbling class is GREAT for the child who has never been in tumbling before. If your child is ready to learn beginning tumbling skills, while improving coordination and flexibility. Beginning Tumbling gives your child the foundational skills to learn more advanced skills.

### **TUMBLING I (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 forward and backward rolls, tripods, headstands, handstands, cartwheels and more!

### **ADVANCED TUMBLING I (7-12 YEARS) (FWY) NEW!**

This class is for children who have been moved up by their Y Instructor or can do a tripod, headstand, handstand, cartwheel, and ready for more. This class was created for children almost ready for Tumbling 2.

### **TUMBLING 2 (AGES 7-12 YEARS) (FWY)**

This class is for children who have been moved up by their Y Instructor from Advanced Tumbling 1 or if you have mastered a backward roll, cartwheel, handstand, round-off and handstand forward roll.

**TUMBLING 3 (AGES 8-13 YEARS) (FWY) NEW!**

This class is for children who have been moved up by their Y Instructor from Tumbling 2 or if you have mastered one handed cartwheels, front walk overs and back walk overs and are ready for more.

<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>
Tumbling Tots <b>NEW!</b>	FWY	2-3 years	M	9:00 AM	9:45 AM	\$23	\$46
Beginning Tumbling	FWY	4-6 years	M	9:45 AM	10:30 AM	\$23	\$46
Tumbling 1	FWY	6-12 Years	T	4:30 PM	5:15 PM	\$23	\$46
Beginning Tumbling	FWY	6-9 years	M	3:45 PM	4:30 PM	\$23	\$46
Beginning Tumbling	FWY	3-5 years	M	4:30 PM	5:15 PM	\$23	\$46
Tumbling 2	FWY	7-12 years	M	5:30 PM	6:15 PM	\$23	\$46
Advanced Tumbling 1 <b>NEW!</b>	FWY	7-12 years	T	3:45 PM	4:30 PM	\$23	\$46
Tumbling 3 <b>NEW!</b>	FWY	8-13 years	T	5:15 PM	6:00 PM	\$23	\$46