



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS

## STAFF CONTACTS

HVY – Tasha Johnson Gymnastics Coordinator P 830.5728 [tjohnson@ymcafoxcities.org](mailto:tjohnson@ymcafoxcities.org)

HVY – Jenna Ly Gymnastics Director P 830.5716 E [jly@ymcafoxcities.org](mailto:jly@ymcafoxcities.org)

FWY – Kevin Jakubek Sports & Recreation Director P 560-3414 E [kjakubek@ymcafoxcities.org](mailto:kjakubek@ymcafoxcities.org)

## NEW HEALTH & SAFETY INFORMATION IN RESPONSE TO COVID-19

- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- Please bring your own water bottle. Bottle fillers available but drinking fountain spouts are not.
- Physical distancing will be practiced at the Y.
- Staff volunteers, participants over the age of 5 will wear masks for programs.
- Parents will not be allowed to enter program spaces and will drop off and pick up child at the door of the program space.
- Equipment and touchpoints will be cleaned and disinfected throughout the day. When children use supplies and equipment, they will be placed in a used bin to be disinfected before return for use.
- Programs have been staggered schedules to limit crowds and crossover of participants and spectators
- Additional safety protocols will be provided with registration in program.

## FALL GYMNASTICS SESSION INFORMATION

**Heart of the Valley YMCA 7 Week Classes (Tumble Bugs and Tumble Tots):**

**Fall 1 Session” September 8 – October 25, 2020**

**Heart of the Valley YMCA 14 Week Classes: September 8 – December 20**

**Fall Session: September 8 – December 20, 2020**

**No Classes the week of November 23**

## **HEART OF THE VALLEY YMCA PRESCHOOL GYMNASTICS**

Fall gymnastics classes at the Heart of Valley YMCA for Tumble Bugs and Tumble Tots consist of two separate 7-week sessions. Fall gymnastics classes at the Heart of the Valley YMCA for Tumble Stars and Tumble Superstars classes 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 sessions will offer many learning opportunities for the gymnasts. Participants may join class at any point during the session as long as there is space available. All classes are held in either the Gymnastics Center or the Youth Development Studio.

**TUMBLE BUGS (PARENT/CHILD CLASS-WALKING-AGE 2 YEARS) (FWY, 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) (FWY, 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) (FWY, 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. Gymnasts who are four years old and without gymnastics experience need take Tumble Stars as the prerequisite class before enrolling in Tumble Superstars.

<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 7 Weeks</b>
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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	\$29	\$58
Tumble Bugs - With Adult Youth Development Studio	HVY	Walking-2 years	W	4:15 PM	5:00 PM	\$34	\$68
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	9:00 AM	9:45 AM	\$34	\$68
Tumble Tots - With Adult Youth Development Studio	HVY	2-3 years	M	5:15 PM	6:00 PM	\$29	\$58
Tumble Tots - With Adult	HVY	2-3 years	T	9:00 AM	9:45 AM	\$34	\$68
Tumble Tots - With Adult Youth Development Studio	HVY	2-3 years	T	4:15 PM	5:00 PM	\$34	\$68
Tumble Tots - With Adult	HVY	2-3 years	W	10:00 AM	10:45 AM	\$34	\$68

<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 14 Weeks</b>
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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars-Youth Development Studio	HVY	3-4 years	M	4:15 PM	5:00 PM	\$69	\$112
Tumble Stars	HVY	3-4 years	T	10:00 AM	10:45 AM	\$74	\$120
Tumble Stars - Youth Development Studio	HVY	3-4 years	T	6:15 PM	7:00 PM	\$74	\$120
Tumble Stars	HVY	3-4 years	W	9:00 AM	9:45 AM	\$74	\$120
Tumble Stars - Youth Development Studio	HVY	3-4 years	TH	4:15 PM	5:00 PM	\$74	\$120
Tumble Stars	HVY	3-4 years	F	9:00 AM	9:45 AM	\$74	\$120
Tumble Superstars	HVY	4-6 years	M	10:00 AM	10:45 AM	\$69	\$112
Tumble Superstars-Youth Development Studio	HVY	4-6 years	M	6:15 PM	7:00 PM	\$69	\$112
Tumble Superstars-Youth Development Studio	HVY	4-6 years	T	5:15 PM	6:00 PM	\$74	\$120

Tumble Superstars – Youth Development Studio	HVY	4-6 years	W	5:15 PM	6:00 PM	\$74	\$120
Tumble Superstars	HVY	4-6 years	TH	10:00 AM	10:45 AM	\$74	\$120
Tumble Superstars – Youth Development Studio	HVY	4-6 years	TH	5:15 PM	6:00 PM	\$74	\$120
Tumble Superstars	HVY	4-6 years	F	10:00 AM	10:45 AM	\$74	\$120

## **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. We will also be offering a Class Open Gym time on Saturday mornings from 9:00-10:00 am. This will only be available for the advanced classes to help them get the skills that they need to work on in order to move up to Pre-team. Registration for the Class Open Gym is not required, anyone in a current advanced class is welcome to attend.

### **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 as the prerequisite class before entering Girls Gymnastics.

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

Perfect class for boys and girls who want to concentrate on just tumbling and floor related gymnastics skills.

<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 14 Weeks</b>							
<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>
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$81	\$146
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	T	6:10 PM	7:10 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	TH	4:00 PM	5:00 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$88	\$158
Girls Gymnastics	HVY	6-9 years	SAT	11:15 AM	12:15 PM	\$88	\$158

<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 14 Weeks</b>							
<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>
Girls Gymnastics 10 & Up	HVY	10-17 years	M	2:55 PM	3:55 PM	\$81	\$146
Girls Gymnastics 10 & Up	HVY	10-17 years	T	7:15 PM	8:15 PM	\$88	\$158
Totally Tumbling – Youth Development Studio	HVY	6-14 years	W	6:15 PM	7:00 PM	\$74	\$120
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$94	\$157

Advanced Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$101	\$168
Advanced Gymnastics	HVY	6-9 years	W	7:15 PM	8:15 PM	\$101	\$168
Advanced Gymnastics	HVY	6-9 years	TH	6:10 PM	7:10 PM	\$101	\$168
Advanced Gymnastics	HVY	6-9 years	SAT	10:10 AM	11:10 AM	\$101	\$168
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$94	\$157
Advanced Gymnastics 10 & Up	HVY	10-17 years	TH	2:55 PM	3:55 PM	\$101	\$168

## 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. Invitations to pre-team and team are based on skill level and not based on age. Skill evaluations are also available upon request. For more information, please contact HVY's Gymnastics Director, Jenna Ly at 830.5716.

## FOX WEST YMCA GYMNASTICS TUMBLING CLASSES AGES 3-12 YRS

### 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, round offs, backward rolls, headstands, handstands, low beam and more!

### TUMBLING 2 (AGES 6-12 YEARS) (FWY)

This class is for children who have been moved up from their Y instructor from Advanced Tumbling 1. If your child has mastered the backward roll, cartwheel, one-hand cartwheel, round off and handstand forward roll and is ready for handsprings this is the right class for them.

### FOX WEST YMCA CLASS OFFERINGS: 7 Weeks

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Bugs - With Adult	FWY	Walking-2 years	F	9:00 AM	9:45 AM	\$34	\$68

### FOX WEST YMCA CLASS OFFERINGS: 14 Weeks September 8 – December 20, 2020 No Classes the week of November 26.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 Years	T	4:30 PM	5:15 PM	\$74	\$120
Tumble Stars	FWY	3-4 years	F	10:00 AM	10:45 AM	\$74	\$120
Tumble Superstars	FWY	4-6 years	T	5:30 PM	6:15 PM	\$74	\$120
Tumbling 1	FWY	6-12 years	TH	4:30 PM	5:15 PM	\$74	\$120
Tumbling 2	FWY	6-12 years	TH	5:30 PM	6:15 PM	\$74	\$120