



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STAFF CONTACTS

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HEART OF THE VALLEY YMCA SUMMER GYMNASTICS SESSION – 9-WEEKS

JUNE 6 - AUGUST 21, 2022

(NO CLASSES OR OPEN WORKOUTS JULY 4-10 PROGRAM BREAK WEEK)

(NO CLASSES OR OPEN WORKOUTS JULY 25 -July 29 DUE TO GYMNASTICS CAMP)

YMCA MEMBER REGISTRATION: MONDAY, MAY 2, 2022 AT 6:00 AM

GENERAL PUBLIC REGISTRATION: THURSDAY, MAY 5, 2022 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. Classes are held in the Gymnastics Center and Preschool Classes and Totally Tumbling is held in the Blue Multipurpose Room in the morning and evenings.

TUMBLE BUGS (WALKING UNASSISTED-2 YEARS) (HVY)

During the class, the parent works with the developing child to increase independence 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 one adult per child enrolled.

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 one adult per child enrolled.

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

Class is for the growing preschooler 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)

This class is for a child who has gymnastics experience and needs to be challenged physically as they are ready to learn more advanced skills. Prerequisite 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 without

gymnastics experience need to take Tumble Stars as the prerequisite class before enrolling in Tumble Super Stars.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Bugs - With Adult Blue Multipurpose Room	HVY	Walking-2 years	TH	9:00 AM	9:45 AM	\$48	\$94
Tumble Bugs - With Adult Blue Multipurpose Room	HVY	Walking-2 years	TH	5:15 PM	6:00 PM	\$48	\$94
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	T	9:00 AM	9:45 AM	\$48	\$94
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	T	5:15 PM	6:00 PM	\$48	\$94
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	TH	10:00 AM	10:45 AM	\$48	\$94
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	M	3:15 PM	4:00 PM	\$52	\$103
Tumble Stars-Gymnastics Center	HVY	3-4 years	W	9:00 AM	9:45 AM	\$52	\$103
Tumble Stars-Gymnastics Center	HVY	3-4 years	T	10:00 AM	10:45 AM	\$52	\$103
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	T	4:15 PM	5:00 PM	\$52	\$103
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	W	4:15 PM	5:00 PM	\$52	\$103
Tumble Stars-Gymnastics Center	HVY	3-4 years	TH	11:00 AM	11:45 AM	\$52	\$103
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	TH	6:15 PM	7:00 PM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	M	5:15 PM	6:00 PM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	M	6:15 PM	7:00 PM	\$52	\$103
Tumble Superstars-Gymnastics Center	HVY	4-6 years	T	11:00 AM	11:45 AM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	T	3:15 PM	4:00 PM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	T	6:15 PM	7:00 PM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	W	6:15 PM	7:00 PM	\$52	\$103
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	TH	4:15 PM	5:00 PM	\$52	\$103

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.

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

This class formerly was known as Advanced open gym. This Girls Gymnastics **Open Workout** will give individuals an additional day to work on skills they may be struggling with. They can work independently or receive help from an instructor. If you are a member, please scan in at the front desk and if you are a non-member please show your program pass at the front desk.

Open Workout for Girls Gymnastics ages 6-9 and 10 & Up: Fridays throughout the session from 12:30-1:30

Open Workout for Advanced Gymnastics ages 6-9 and 10 & Up: Fridays throughout the session from 11:15-12:15

No Open Workouts on Friday, July 8 or Friday, July 29 due to Gymnastics Camp.

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

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

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 Girls Gymnastics.

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

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Girls Gymnastics	HVY	6-9 years	M	9:00 AM	10:00 AM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	M	2:55 PM	3:55 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	T	10:05 AM	11:05 AM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	T	2:55 PM	3:55 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	W	11:10 AM	12:10 AM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	TH	9:00 AM	10:00 AM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	TH	10:05 AM	11:05 AM	\$71	\$142
Girls Gymnastics	HVY	6-9 years	TH	2:55 PM	3:55 PM	\$71	\$142
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$71	\$142
Girls Gymnastics 10 & Up	HVY	10-17 years	W	10:05 AM	11:05 AM	\$71	\$142
Girls Gymnastics 10 & Up	HVY	10-17 years	W	2:55 PM	3:55 PM	\$71	\$142
Totally Tumbling- Blue Multipurpose Room	HVY	6-10 years	M	4:15 PM	5:00 PM	\$52	\$103
Totally Tumbling- Blue Multipurpose Room	HVY	6-10 years	W	5:15 PM	6:00 PM	\$52	\$103
Totally Tumbling- Blue Multipurpose Room	HVY	6-10 years	TH	3:15 PM	4:00 PM	\$52	\$103
Advanced Gymnastics	HVY	6-9 years	M	10:05 AM	11:05 AM	\$71	\$142
Advanced Gymnastics	HVY	6-9 years	T	9:00 AM	10:00 Am	\$71	\$142
Advanced Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$71	\$142
Advanced Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$71	\$142
Advanced Gymnastics 10 & Up	HVY	10-17 years	W	5:05 PM	6:05 PM	\$71	\$142
Advanced Gymnastics 10 & Up	HVY	10-17 years	TH	4:00 PM	5:00 PM	\$71	\$142

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 Director, Jenna Ly at 830.5716.

FOX WEST YMCA SUMMER TUMBLING SESSION – 9-WEEKS
JUNE 6 - AUGUST 14, 2022
(NO CLASSES JULY 4-10)

YMCA MEMBER REGISTRATION: MONDAY, MAY 2, 2022 AT 6:00 AM
GENERAL PUBLIC REGISTRATION: THURSDAY, MAY 5, 2022 AT 6:00 AM

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

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)

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.

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 forward and backward rolls, tripods, headstands, handstands, cartwheels and more!

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

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

ELITE CHEER CLINIC (AGES 8-15 YEARS) (FWY)

A clinic for individuals looking to expand their cheer knowledge, improve skills, and form team bonds. At this clinic, kids will work on specific routines, team stunts, jumps, and tumbling. Practice is Monday-Friday with a routine being performed to family members on Saturday. All participants get an Elite Cheer Clinic t-shirt!

Elite Cheer Clinic (8-11) Information:

June 13-18. Participants are required to know how to complete following skills prior to signing up: Forward Roll/Somersault, Handstand, Cartwheel, Table/Bridge.

Elite Cheer Clinic (12-15) Information:

June 20-25. Participants are required to know how to complete the following skills prior to signing up: Forward Roll/Somersault, Handstand, Cartwheel, Bridge/Backbend, Roundoff, Backwards Roll.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	T	5:30 PM	6:15 PM	\$48	\$96
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$48	\$96
Tumble Superstars	FWY	4-6 years	T	4:30 PM	5:15 PM	\$48	\$96
Tumble Superstars	FWY	4-6 years	TH	5:30 PM	6:15 PM	\$48	\$96
Tumbling 1	FWY	6-12 years	T	6:30 PM	7:15 PM	\$48	\$96
Tumbling 1	FWY	6-12 years	TH	6:30 PM	7:15 PM	\$48	\$96
Tumbling 2	FWY	6-12 years	W	4:30 PM	5:15 PM	\$48	\$96
Tumbling 2	FWY	6-12 years	W	5:30 PM	6:15 PM	\$48	\$96
Elite Cheer Clinic (8-11)	FWY	8-11 years	M-S	10:30 AM	12:00 PM	\$49	\$69
Elite Cheer Clinic (12-15)	FWY	12-15 years	M-S	10:30 AM	12:00 PM	\$49	\$69