



# WINTER



## GYMNASTICS

### STAFF CONTACTS

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### WINTER GYMNASTICS SESSION INFORMATION

**Heart of the Valley YMCA**

**14 Week Classes**

**Winter Session January 2-April 9, 2023**

### HEART OF THE VALLEY YMCA PRESCHOOL GYMNASTICS

Participants will be evaluated on the first day of the session and put into groups with others at their own ability level. The sessions will offer many learning opportunities for the gymnasts. Participants may join a class at any point during the session if there is space available. Girls' gymnastics and Advanced classes are held in the Gymnastics Center. Preschool Classes and Totally Tumbling is held in the Blue Multipurpose Room in the morning and evening.

#### **TUMBLE BUGS (PARENT/CHILD CLASS-WALKING UNASSISTED-2 YEARS) (FWY, 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 (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 one adult per child enrolled.

#### **TUMBLE STARS (AGES 3-4 YEARS) (FWY, HVY)**

This 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) (FWY, 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.

<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 14 Week Parent/Child Classes</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>
Tumble Bugs - With Adult	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$80	\$156
Tumble Bugs - With Adult	HVY	Walking-2 years	M	9:00 AM	9:45 AM	\$80	\$156
Tumble Bugs - With Adult	HVY	Walking-2 years	T	5:15 PM	6:00 PM	\$80	\$156
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	9:00 AM	9:45 AM	\$80	\$156
Tumble Tots - With Adult	HVY	2-3 years	M	5:15 PM	6:00 PM	\$80	\$156
Tumble Tots - With Adult	HVY	2-3 years	T	9:00 AM	9:45 AM	\$80	\$156
Tumble Tots - With Adult	HVY	2-3 years	W	10:00 AM	10:45 AM	\$80	\$156
Tumble Tots - With Adult	HVY	2-3 years	TH	5:15 PM	6:00 PM	\$80	\$156
<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>
Tumble Stars	HVY	3-4 years	M	4:15 PM	5:00 PM	\$86	\$170
Tumble Stars	HVY	3-4 years	T	10:00 AM	10:45 AM	\$86	\$170
Tumble Stars	HVY	3-4 years	T	6:15 PM	7:00 PM	\$86	\$170
Tumble Stars	HVY	3-4 years	W	9:00 AM	9:45 AM	\$86	\$170
Tumble Stars	HVY	3-4 years	W	4:15 PM	5:00 PM	\$86	\$170
Tumble Stars	HVY	3-4 years	TH	4:15 PM	5:00 PM	\$86	\$170
Tumble Stars	HVY	3-4 years	F	9:00 AM	9:45 AM	\$86	\$170
Tumble Superstars	HVY	4-6 years	M	10:00 AM	10:45 AM	\$86	\$170
Tumble Superstars	HVY	4-6 years	M	6:15 PM	7:00 PM	\$86	\$170
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$86	\$170
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$86	\$170
Tumble Superstars	HVY	4-6 years	TH	10:00 AM	10:45 AM	\$86	\$170
Tumble Superstars	HVY	4-6 years	TH	6:15 PM	7:00 PM	\$86	\$170
Tumble Superstars	HVY	4-6 years	F	10:00 AM	10:45 AM	\$86	\$170

## **HEART OF THE VALLEY YMCA YOUTH GYMNASTICS (AGES 6-17 YEARS)**

The Heart of the Valley YMCA offers gymnastics for girls and tumbling classes for boys 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.

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

This class formerly was known as Advanced open gym. This 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 and Advanced Gymnastics participants are Saturdays from 9:00-10:00am. **No Open Workouts** on Saturday, April 8 due to Easter.

### **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. Must have Instructor recommendation to move to an advanced gymnastics class.

### **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	\$116	\$232
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	T	6:10 PM	7:10 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	TH	4:00 PM	5:00 PM	\$116	\$232
Girls Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$116	\$232
Girls Gymnastics 10 & Up	HVY	10-17 years	T	7:15 PM	8:15 PM	\$116	\$232
Totally Tumbling	HVY	6-14 years	M	7:15 PM	8:00 PM	\$86	\$170
Totally Tumbling	HVY	6-14 years	T	7:15 PM	8:00 PM	\$86	\$170
Totally Tumbling	HVY	6-14 years	W	7:15 PM	8:00 pm	\$86	\$170
Totally Tumbling	HVY	6-14 years	TH	7:15 PM	8:00 pm	\$86	\$170
<b>HEART OF THE VALLEY YMCA CLASS OFFERINGS: 14 Weeks</b>							
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$116	\$232
Advanced Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$116	\$232
Advanced Gymnastics	HVY	6-9 years	W	7:15 PM	8:15 PM	\$116	\$232
Advanced Gymnastics	HVY	6-9 years	TH	6:10 PM	7:10 PM	\$116	\$232
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$116	\$232
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	7:15 PM	8:15 PM	\$116	\$232

### **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

**Fox West YMCA 14 Week Classes:  
Winter Session January 2-April 9, 2023**

### **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.

### **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, handstands, low beam, bar skills and more!

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

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	T	5:30 PM	6:15 PM	\$86	\$170
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$86	\$170
Tumble Superstars	FWY	4-6 years	T	4:30 PM	5:15 PM	\$86	\$170
Tumble Superstars	FWY	4-6 years	TH	5:30 PM	6:15 PM	\$86	\$170
Tumbling 1	FWY	6-12 years	T	6:30 PM	7:15 PM	\$86	\$170
Tumbling 1	FWY	6-12 years	TH	6:30 PM	7:15 PM	\$86	\$170
Tumbling 2	FWY	6-12 years	W	5:30 PM	6:15 PM	\$86	\$170
Tumbling 2	FWY	6-12 years	W	6:30 PM	7:15 PM	\$86	\$170