



SUMMER



STAFF CONTACTS

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

JUNE 5 - AUGUST 20, 2023

(NO CLASSES OR OPEN WORKOUTS JULY 3-7 PROGRAM BREAK WEEK)

(NO CLASSES OR OPEN WORKOUTS JULY 24 -July 28 DUE TO GYMNASTICS CAMP)

YMCA MEMBER REGISTRATION: MONDAY, MAY 22, 2023 AT 6:00 AM

GENERAL PUBLIC REGISTRATION: THURSDAY, MAY 25, 2023 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. Girls Gymnastics and Advanced Gymnastics 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 (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	T	10:15 AM	11:00 AM	\$54	\$104
Tumble Bugs - With Adult Blue Multipurpose Room	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$54	\$104
Tumble Bugs - With Adult Blue Multipurpose Room	HVY	Walking-2 years	TH	9:15 AM	10:00 AM	\$54	\$104
Tumble Bugs - With Adult Blue Multipurpose Room	HVY	Walking-2 years	TH	5:15 PM	6:00 PM	\$54	\$104
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	T	9:15 AM	10:00 AM	\$54	\$104
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	T	5:15 PM	6:00 PM	\$54	\$104
Tumble Tots - With Adult Blue Multipurpose Room	HVY	2-3 years	TH	10:15 AM	11:00 AM	\$54	\$104
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	M	9:15 PM	10:00 AM	\$56	\$111
Tumble Stars- Blue Multipurpose Room	HVY	3-4 years	M	3:15 PM	4:00 PM	\$56	\$111
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	T	4:15 PM	5:00 PM	\$56	\$111
Tumble Stars- Blue Multipurpose Room	HVY	3-4 years	W	9:15 AM	10:00 AM	\$56	\$111
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	W	4:15 PM	5:00 PM	\$56	\$111
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	TH	11:15 AM	12:00 PM	\$56	\$111
Tumble Stars-Blue Multipurpose Room	HVY	3-4 years	TH	6:15 PM	7:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	M	10:15 AM	11:00 AM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	M	2:15 PM	3:00 PM	\$56	\$111
Tumble Superstars- Blue Multipurpose Room	HVY	4-6 years	M	5:15 PM	6:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	M	6:15 PM	7:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	T	11:15 AM	12:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	T	3:15 PM	4:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	T	6:15 PM	7:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	W	10:15 AM	11:00 AM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	W	6:15 PM	7:00 PM	\$56	\$111
Tumble Superstars-Blue Multipurpose Room	HVY	4-6 years	TH	4:15 PM	5:00 PM	\$56	\$111

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 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 and Advanced Gymnastics Classes Fridays throughout the session from 11:00 AM to 12:00PM. **No Open Workouts** on Friday, July 7 or Friday, July 28 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. Must have instructor recommendation to sign up for this 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 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	\$77	\$151
Girls Gymnastics	HVY	6-9 years	M	2:55 PM	3:55 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	T	10:05 AM	11:05 AM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	T	11:10 AM	12:10 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	T	2:55 PM	3:55 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	W	11:10 AM	12:10 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	TH	9:00 AM	10:00 AM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	TH	10:05 AM	11:05 AM	\$77	\$151
Girls Gymnastics	HVY	6-9 years	TH	2:55 PM	3:55 PM	\$77	\$151
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$77	\$151
Girls Gymnastics 10 & Up	HVY	10-17 years	W	10:05 AM	11:05 AM	\$77	\$151
Girls Gymnastics 10 & Up	HVY	10-17 years	W	2:55 PM	3:55 PM	\$77	\$151
Totally Tumbling-Blue Multipurpose Room	HVY	6-14 years	M	4:15 PM	5:00 PM	\$56	\$111
Totally Tumbling-Blue Multipurpose Room	HVY	6-14 years	W	3:15 PM	4:00 PM	\$56	\$111
Totally Tumbling-Blue Multipurpose Room	HVY	6-14 years	TH	3:15 PM	4:00 PM	\$56	\$111
Advanced Gymnastics	HVY	6-9 years	M	10:05 AM	11:05 AM	\$77	\$151
Advanced Gymnastics	HVY	6-9 years	T	9:00 AM	10:00AM	\$77	\$151
Advanced Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$77	\$151
Advanced Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$77	\$151
Advanced Gymnastics 10 & Up	HVY	10-17 years	W	5:05 PM	6:05 PM	\$77	\$151
Advanced Gymnastics 10 & Up	HVY	10-17 years	TH	4:00 PM	5:00 PM	\$77	\$151

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 5 - AUGUST 13, 2023

(NO CLASSES JULY 3-9)

YMCA MEMBER REGISTRATION: MONDAY, MAY 1, 2023 AT 6:00 AM

GENERAL PUBLIC REGISTRATION: THURSDAY, MAY 4, 2023 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 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!

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	T	5:30 PM	6:15 PM	\$56	\$111
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$56	\$111
Tumble Superstars	FWY	4-6 years	T	4:30 PM	5:15 PM	\$56	\$111
Tumble Superstars	FWY	4-6 years	TH	5:30 PM	6:15 PM	\$56	\$111
Tumbling 1	FWY	6-12 years	T	6:30 PM	7:15 PM	\$56	\$111
Tumbling 1	FWY	6-12 years	TH	6:30 PM	7:15 PM	\$56	\$111
Tumbling 2	FWY	6-12 years	W	4:30 PM	5:15 PM	\$56	\$111
Tumbling 2	FWY	6-12 years	W	5:30 PM	6:15 PM	\$56	\$111