



GYMNASTICS

SUMMER PROGRAM SESSION:

June 10 – August 18, 2024

No Class July 1-7, 2024

No Classes July 22-28, 2024

STAFF CONTACTS

HVY – Jessica Fitzgerald Gymnastics Specialist P 830.5728 E jfitzgerald@ymcafoxcities.org

HVY – Jenna Ly Gymnastics Director P 830.5716 E jly@ymcafoxcities.org

FWY – Megan Stine, Dance Coordinator P 560-3410 E mstine@ymcafoxcities.org

Due to the high volume demand for Gymnastic programs, we ask that you carefully review your cart for days/times and locations at checkout as changes due to errors can only be made if there are existing openings. Please note the following new policies below.

Gymnastic Program Registration Policies:

Prior to the first day of the session: If you withdraw from a program prior to the start of the first day of the session, the YMCA will issue a **credit voucher** for the class. The session generally begins on a Monday, all cancellations must be requested via email prior to Monday to receive a credit. Credit vouchers expire one year from the issuing date. Refunds will only be issued for medical reasons and a doctor's note must be provided to the program director.

After the start of the first day of the session: If you withdraw from a program after the session has begun **no credit or refund will be given.** The session generally begins on a Monday, all cancellations must be requested via email prior to Monday. Refunds will only be issued for medical reasons and a doctor's note must be provided to the program director.

Waitlists: If an opening is available in a waitlisted program, the Program Director will notify you via email and will require a 24-hour time limit for response. If you do not respond within 24 hours, the Department will contact the next person on the waitlist for the opening. Please make sure that your email in your account is accurate.

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 age 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 | \$106 |
| Tumble Bugs - With Adult Blue Multipurpose Room | HVY | Walking-2 years | W | 5:15 PM | 6:00 PM | \$54 | \$106 |
| Tumble Bugs - With Adult Blue Multipurpose Room | HVY | Walking-2 years | TH | 9:15 AM | 10:00 AM | \$54 | \$106 |
| Tumble Bugs - With Adult Blue Multipurpose Room | HVY | Walking-2 years | TH | 5:15 PM | 6:00 PM | \$54 | \$106 |
| Tumble Tots - With Adult Blue Multipurpose Room | HVY | 2-3 years | M | 11:15 AM | 12:00 PM | \$54 | \$106 |
| Tumble Tots - With Adult Blue Multipurpose Room | HVY | 2-3 years | T | 9:15 AM | 10:00 AM | \$54 | \$106 |
| Tumble Tots - With Adult Blue Multipurpose Room | HVY | 2-3 years | T | 5:15 PM | 6:00 PM | \$54 | \$106 |
| Tumble Tots - With Adult Blue Multipurpose Room | HVY | 2-3 years | TH | 10:15 AM | 11:00 AM | \$54 | \$106 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | M | 9:15 AM | 10:00 AM | \$58 | \$114 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | M | 3:15 PM | 4:00 PM | \$58 | \$114 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | T | 4:15 PM | 5:00 PM | \$58 | \$114 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | W | 4:15 PM | 5:00 PM | \$58 | \$114 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | TH | 11:15 AM | 12:00 PM | \$58 | \$114 |
| Tumble Stars- Blue Multipurpose Room | HVY | 3-4 years | TH | 6:15 PM | 7:00 PM | \$58 | \$114 |
| Tumble Superstars- Blue Multipurpose Room | HVY | 4-6 years | M | 10:15 AM | 11:00 AM | \$58 | \$114 |
| Tumble Superstars- Blue Multipurpose Room | HVY | 4-6 years | M | 5:15 PM | 6:00 PM | \$58 | \$114 |
| Tumble Superstars- Blue Multipurpose Room | HVY | 4-6 years | T | 11:15 AM | 12:00 PM | \$58 | \$114 |
| Tumble Superstars- Blue Multipurpose Room | HVY | 4-6 years | W | 2:15 PM | 3:00 PM | \$58 | \$114 |

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|--|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Superstars-Blue Multipurpose Room | HVY | 4-6 years | W | 6:15 PM | 7:00 PM | \$58 | \$114 |
| Tumble Superstars-Blue Multipurpose Room | HVY | 4-6 years | TH | 4:15 PM | 5:00 PM | \$58 | \$114 |

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 | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | M | 2:55 PM | 3:55 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | M | 4:00 PM | 5:00 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | M | 5:05 PM | 6:05 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | T | 10:05 AM | 11:05 AM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | T | 2:55 PM | 3:55 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | T | 4:00 PM | 5:00 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | W | 11:10 AM | 12:10 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | W | 4:00 PM | 5:00 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | W | 6:10 PM | 7:10 PM | \$78 | \$157 |
| Girls Gymnastics | HVY | 6-9 years | TH | 2:55 PM | 3:55 PM | \$78 | \$157 |
| Girls Gymnastics 10 & Up | HVY | 10-17 years | M | 6:10 PM | 7:10 PM | \$78 | \$157 |
| Girls Gymnastics 10 & Up | HVY | 10-17 years | W | 10:05 AM | 11:05 AM | \$78 | \$157 |
| Totally Tumbling-Blue Multipurpose Room | HVY | 6-14 years | M | 4:15 PM | 5:00 PM | \$58 | \$114 |
| Totally Tumbling-Blue Multipurpose Room | HVY | 6-14 years | W | 3:15 PM | 4:00 PM | \$58 | \$114 |
| Totally Tumbling-Blue Multipurpose Room | HVY | 6-14 years | W | 7:15 PM | 8:00 PM | \$58 | \$114 |
| Advanced Gymnastics | HVY | 6-9 years | M | 10:05 AM | 11:05 AM | \$78 | \$157 |
| Advanced Gymnastics | HVY | 6-9 years | M | 11:10 AM | 12:10 PM | \$78 | \$157 |
| Advanced Gymnastics | HVY | 6-9 years | T | 9:00 AM | 10:00 AM | \$78 | \$157 |

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|-----------------------------|-----|-------------|----|---------|---------|------|-------|
| Advanced Gymnastics | HVY | 6-9 years | T | 5:05 PM | 6:05 PM | \$78 | \$157 |
| Advanced Gymnastics | HVY | 6-9 years | W | 7:15 PM | 8:15 PM | \$78 | \$157 |
| Advanced Gymnastics | HVY | 6-9 years | TH | 5:05 PM | 6:05 PM | \$78 | \$157 |
| Advanced Gymnastics 10 & Up | HVY | 10-17 years | W | 5:05 PM | 6:05 PM | \$78 | \$157 |
| Advanced Gymnastics 10 & Up | HVY | 10-17 years | TH | 4:00 PM | 5:00 PM | \$78 | \$157 |

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 10 – August 18, 2024

No Class July 1-7, 2024

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.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-------------------|-------------|------------|------------|--------------|------------|-----------------|-----------------------|
| Tumble Stars | FWY | 3-4 years | T | 5:30 PM | 6:15 PM | \$58 | \$114 |
| Tumble Stars | FWY | 3-4 years | TH | 4:30 PM | 5:15 PM | \$58 | \$114 |
| Tumble Superstars | FWY | 4-6 years | T | 4:30 PM | 5:15 PM | \$58 | \$114 |
| Tumble Superstars | FWY | 4-6 years | TH | 5:30 PM | 6:15 PM | \$58 | \$114 |
| Tumble Superstars | FWY | 4-6 years | W | 4:30 PM | 5:15 PM | \$58 | \$114 |
| Tumbling 1 | FWY | 6-12 years | T | 6:30 PM | 7:15 PM | \$58 | \$114 |
| Tumbling 1 | FWY | 6-12 years | TH | 6:30 PM | 7:15 PM | \$58 | \$114 |
| Tumbling 2 | FWY | 6-12 years | W | 5:30 PM | 6:15 PM | \$58 | \$114 |
| Tumbling 2 | FWY | 6-12 years | W | 6:30 PM | 7:15 PM | \$58 | \$114 |