



## GYMNASTICS AND TUMBLING

### SPRING PROGRAM SESSION:

**April 14 – June 1, 2025**

**No Class Monday, May 26, 2025 – Monday classes are prorated**

#### STAFF CONTACTS

HVY – Caylee Vidas Gymnastics Coordinator P 560.0434 E [cvidas@ymcafoxcities.org](mailto:cvidas@ymcafoxcities.org)

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FWY – Megan Stine, Dance Coordinator P 560.3410 E [mstine@ymcafoxcities.org](mailto:mstine@ymcafoxcities.org)

Due to the high-volume demand for gymnastics and tumbling 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 policies below.

#### Gymnastics 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.

## GYMNASTICS CLASS AND TEAM OFFERINGS

All gymnastics instruction is done with a step-by-step progressive approach. Every child is challenged in a safe and positive environment. Children will be grouped by age and skill level. All gymnastics class and the competitive team teach skills that are done on all gymnastics apparatuses (vault, bars, balance beam and floor).

## **PRESCHOOL GYMNASTICS**

### **TUMBLE BUGS (PARENT/CHILD CLASS-WALKING UNASSISTED-2 YEARS)**

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.

#### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Bugs – With Adult	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$43	\$83
Tumble Bugs - With Adult	HVY	Walking-2 years	M	9:15 AM	10:00 AM	\$37	\$71
Tumble Bugs - With Adult	HVY	Walking-2 years	T	5:15 PM	6:00 PM	\$43	\$83
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	10:15 AM	11:00 AM	\$43	\$83
Tumble Bugs - With Adult <b>NEW!</b>	HVY	Walking-2 years	F	9:15 AM	10:00 AM	\$43	\$83

### **TUMBLE TOTS (PARENT/CHILD CLASS-AGES 2-3 YEARS)**

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, some basic gymnastics skills and following gymnastics stations in the form of a circuit. Children work towards learning to take direction from staff with the assistance from their parent. Class also involves songs and social play. Must be accompanied by one adult per child enrolled.

#### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Tots - With Adult	HVY	2-3 years	M	5:15 PM	6:00 PM	\$37	\$71
Tumble Tots - With Adult	HVY	2-3 years	T	10:15 AM	11:00 AM	\$43	\$83
Tumble Tots - With Adult	HVY	2-3 years	W	9:15 AM	10:00 AM	\$43	\$83
Tumble Tots – With Adult	HVY	2-3 years	TH	9:15 AM	10:00 AM	\$43	\$83
Tumble Tots – With Adult <b>NEW!</b>	HVY	2-3 years	TH	12:15 PM	1:00 PM	\$43	\$83
Tumble Tots – With Adult	HVY	2-3 years	TH	5:15 PM	6:00 PM	\$43	\$83

### **TUMBLE STARS (AGES 3-4 YEARS)**

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. Gymnasts who are three years old without gymnastics experience must take Tumble Tots as the prerequisite class before enrolling in Tumble Stars.

#### **Fox West YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	T	5:30 PM	6:15 PM	\$45	\$89
Tumble Stars	FWY	3-4 years	W	5:30 PM	6:15 PM	\$45	\$89
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$45	\$89

#### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	HVY	3-4 years	M	4:15 PM	5:00 PM	\$43	\$85
Tumble Stars	HVY	3-4 years	T	9:15 AM	10:00 AM	\$46	\$91

Tumble Stars	HVY	3-4 years	T	6:15 PM	7:00 PM	\$46	\$91
Tumble Stars	HVY	3-4 years	W	10:15 AM	11:00 AM	\$46	\$91
Tumble Stars	HVY	3-4 years	W	4:15 PM	5:00 PM	\$46	\$91
Tumble Stars	HVY	3-4 years	TH	4:15 PM	5:00 PM	\$46	\$91
Tumble Stars	HVY	3-4 years	F	10:15 AM	11:00 AM	\$46	\$91

## **TUMBLE SUPERSTARS (AGES 4-6 YEARS)**

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 balance beam, and holding front support on bar. Gymnasts who are four years old without gymnastics experience must take Tumble Stars as the prerequisite class before enrolling in Tumble Superstars.

### **Fox West YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Superstars	FWY	4-6 years	T	4:30 PM	5:15 PM	\$45	\$89
Tumble Superstars	FWY	4-6 years	TH	5:30 PM	6:15 PM	\$45	\$89
Tumble Superstars	FWY	4-6 years	W	4:30 PM	5:15 PM	\$45	\$89

### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Superstars	HVY	4-6 years	M	10:15 AM	11:00 AM	\$43	\$85
Tumble Superstars	HVY	4-6 years	M	6:15 PM	7:00 PM	\$43	\$85
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$46	\$91
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$46	\$91
Tumble Superstars <b>NEW!</b>	HVY	4-6 years	TH	1:15 PM	2:00 PM	\$46	\$91
Tumble Superstars	HVY	4-6 years	TH	6:15 PM	7:00 PM	\$46	\$91

## **YOUTH RECREATIONAL GYMNASTICS**

### **GIRLS GYMNASTICS (AGES 6-17 YEARS)**

These classes are geared towards both the beginner and intermediate gymnasts. 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.

### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$58	\$116
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	T	6:10 PM	7:10 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	TH	4:00 PM	5:00 PM	\$62	\$125
Girls Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$62	\$125
Girls Gymnastics <b>NEW!</b>	HVY	6-9 years	F	1:15 PM	2:15 PM	\$62	\$125
Girls Gymnastics 10 & Up	HVY	10-17 years	M	7:15 PM	8:15 PM	\$58	\$116

Girls Gymnastics 10 & Up	HVY	10-17 years	T	7:15 PM	8:15 PM	\$62	\$125
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#### GIRLS GYMNASTICS OPEN WORKOUTS (AGES 6-17 YEARS)

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 enrolled at the Heart of the Valley YMCA and are Saturdays from 9:00-10:00am. **No Open Workouts** on Saturday, May 27 due to Memorial Day Weekend.

#### **ADVANCED GYMNASTICS (AGES 6-17 YEARS)**

Classes are available for those that have mastered a pullover on bars, a back hip circle on bars, pre-handstand work on the balance beam, a bridge kick over and a round off on the floor. Must have instructor recommendation to move to an Advanced Gymnastics class.

#### **Heart of the Valley YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$58	\$116
Advanced Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$62	\$125
Advanced Gymnastics	HVY	6-9 years	W	7:15 PM	8:15 PM	\$62	\$125
Advanced Gymnastics	HVY	6-9 years	TH	6:10 PM	7:10 PM	\$62	\$125
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$58	\$116

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

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 enrolled at the Heart of the Valley YMCA and are Saturdays from 9:00-10:00am. **No Open Workouts** on Saturday, May 27 due to Memorial Day Weekend.

#### **COMPETITIVE GYMNASTICS**

##### **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 2 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.

## **TUMBLING CLASS OFFERINGS**

The focus of these classes are floor related tumbling skills. This is a great progressive program for the child that prefers only floor or the athlete who is in dance or cheer and wants to further develop skills they can use for those activities.

#### **TUMBLING 1 (AGES 6-12 YEARS)**

This class is for the child who wants to concentrate on tumbling and floor exercise skills while improving

coordination and flexibility. Tumblers will work on mastering cartwheels, backward rolls, handstands, and more!

#### **Fox West YMCA**

<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>
Tumbling 1	FWY	6-12 years	T	6:30 PM	7:15 PM	\$45	\$89
Tumbling 1	FWY	6-12 years	TH	6:30 PM	7:15 PM	\$45	\$89

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

This class is for children who have been moved up from their Y instructor from Tumbling 1. If your child has mastered the skills in Tumbling 1, and is ready for to begin roundoffs, walkovers and more, this is the right class for them.

#### **Fox West YMCA**

<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>
Tumbling 2	FWY	6-12 years	W	6:30 PM	7:15 PM	\$45	\$89

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

Perfect class for boys and girls who want to concentrate on only tumbling. This class uses a step-by-step approach to develop floor related skills. The skill level of the participants is evaluated on the first week of class. Skills taught throughout the session are dependent on the skill sets of those enrolled.

#### **Heart of the Valley YMCA**

<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>
Totally Tumbling	HVY	6-14 years	M	7:15 PM	8:00 PM	\$43	\$85
Totally Tumbling	HVY	6-14 years	T	7:15 PM	8:00 PM	\$46	\$91
Totally Tumbling	HVY	6-14 years	W	7:15 PM	8:00 PM	\$46	\$91
Totally Tumbling	HVY	6-14 years	TH	7:15 PM	8:00 PM	\$46	\$91
Totally Tumbling <b>NEW!</b>	HVY	6-14 years	F	12:15 PM	1:00 PM	\$46	\$91