



GYMNASTICS AND TUMBLING

SUMMER PROGRAM SESSION:

June 9 – August 17, 2025

No Class June 30 – July 6, 2025

Heart of the Valley YMCA only – No Classes July 28 – August 1, 2025

STAFF CONTACTS

HVY – Caylee Vidas Gymnastics Coordinator P 560.0434 E cvidas@ymcafoxcities.org

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 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	T	10:15 AM	11:00 AM	\$55	\$110
Tumble Bugs - With Adult	HVY	Walking-2 years	W	9:15 AM	10:00 AM	\$55	\$110
Tumble Bugs - With Adult	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$55	\$110
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	11:15 AM	12:00 PM	\$55	\$110
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	5:15 PM	6:00 PM	\$55	\$110

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	10:15 AM	11:00 AM	\$55	\$110
Tumble Tots - With Adult	HVY	2-3 years	M	4:15 PM	5:00 PM	\$55	\$110
Tumble Tots - With Adult	HVY	2-3 years	T	9:15 AM	10:00 AM	\$55	\$110
Tumble Tots - With Adult	HVY	2-3 years	T	5:15 PM	6:00 PM	\$55	\$110
Tumble Tots - With Adult	HVY	2-3 years	TH	10:15 AM	11:00 AM	\$55	\$110

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.

Heart of the Valley YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	HVY	3-4 years	M	9:15 AM	10:00 AM	\$59	\$117
Tumble Stars	HVY	3-4 years	M	3:15 PM	4:00 PM	\$59	\$117
Tumble Stars	HVY	3-4 years	T	4:15 PM	5:00 PM	\$59	\$117
Tumble Stars	HVY	3-4 years	W	4:15 PM	5:00 PM	\$59	\$117
Tumble Stars	HVY	3-4 years	TH	9:15 AM	10:00 AM	\$59	\$117
Tumble Stars	HVY	3-4 years	TH	6:15 PM	7:00 PM	\$59	\$117

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	\$65	\$130
Tumble Stars	FWY	3-4 years	W	5:30 PM	6:15 PM	\$65	\$130
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$65	\$130

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.

Heart of the Valley YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Superstars	HVY	4-6 years	M	11:15 AM	12:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	M	5:15 PM	6:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	T	11:15 AM	12:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	T	3:15 PM	4:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	W	3:15 PM	4:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$59	\$117
Tumble Superstars	HVY	4-6 years	TH	4:15 PM	5:00 PM	\$59	\$117

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	\$65	\$130
Tumble Superstars	FWY	4-6 years	TH	5:30 PM	6:15 PM	\$65	\$130
Tumble Superstars	FWY	4-6 years	W	4:30 PM	5:15 PM	\$65	\$130

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	9:00 AM	10:00 AM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	M	2:55 PM	3:55 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	T	2:55 PM	3:55 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	W	9:00 AM	10:00 AM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	TH	9:00 AM	10:00 AM	\$79	\$160
Girls Gymnastics	HVY	6-9 years	TH	2:55 PM	3:55 PM	\$79	\$160
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$79	\$160
Girls Gymnastics 10 & Up	HVY	10-17 years	W	10:05 AM	11:05 AM	\$79	\$160
Girls Gymnastics 10 & Up	HVY	10-17 years	TH	10:05 AM	11:05 AM	\$79	\$160

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 Fridays from 11:00am-12:00pm. **No Open Workouts** on Friday, July 4 or Friday, August 1.

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	10:05 AM	11:05 AM	\$79	\$160
Advanced Gymnastics	HVY	6-9 years	M	11:10 AM	12:10 PM	\$79	\$160
Advanced Gymnastics	HVY	6-9 years	T	9:00 AM	10:00 AM	\$79	\$160
Advanced Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$79	\$160
Advanced Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$79	\$160
Advanced Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$79	\$160
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	7:15 PM	8:15 PM	\$79	\$160
Advanced Gymnastics 10 & Up	HVY	10-17 years	T	10:05 AM	11:05 AM	\$79	\$160
Advanced Gymnastics 10 & Up	HVY	10-17 years	TH	4:00 PM	5:00 PM	\$79	\$160

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 Fridays from 11:00am-12:00pm. **No Open Workouts** on Friday, July 4 or Friday, August 1

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumbling 1	FWY	6-12 years	T	6:30 PM	7:15 PM	\$65	\$130

Tumbling 1	FWY	6-12 years	TH	6:30 PM	7:15 PM	\$65	\$130
------------	-----	------------	----	---------	---------	------	-------

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumbling 2	FWY	6-12 years	W	6:30 PM	7:15 PM	\$65	\$130

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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Totally Tumbling	HVY	6-14 years	M	6:15 PM	7:00 PM	\$59	\$117
Totally Tumbling	HVY	6-14 years	W	10:15 AM	11:00 AM	\$59	\$117
Totally Tumbling	HVY	6-14 years	TH	7:15 PM	8:00 PM	\$59	\$117