



# GYMNASTICS AND TUMBLING

## WINTER PROGRAM SESSION:

**14 Week Classes – Winter Session: January 5 – April 12, 2026**

### STAFF CONTACTS

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Due to the high-volume demand for Gymnastics and Tumbling programs, we ask that you carefully review your cart, before checking out, for the days/times and locations you selected. Changes, due to registration errors, can only be made if there are openings in classes. Please note the following policies below.

### Gymnastics and Tumbling 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 coordinators or 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 coordinators or director.

**Waitlists:** If an opening is available in a waitlisted program, the Program Coordinators or 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

Gymnastics instruction is 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. Gymnastics class and competitive team teach skills 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	M	10:15 AM	11:00 AM	\$93	\$182
Tumble Bugs - With Adult	HVY	Walking-2 years	T	5:15 PM	6:00 PM	\$93	\$182
Tumble Bugs - With Adult	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$93	\$182
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	10:15 AM	11:00 AM	\$93	\$182
Tumble Bugs - With Adult	HVY	Walking-2 years	F	9:15 AM	10:00 AM	\$93	\$182

### **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.

#### **Apple Creek YMCA**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Tots - With Adult	ACY	2-3 years	M	4:50 PM	5:20 PM	\$62	\$120

#### **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	\$93	\$182
Tumble Tots - With Adult	HVY	2-3 years	T	9:15 AM	10:00 AM	\$93	\$182
Tumble Tots - With Adult <b>NEW!</b>	HVY	2-3 years	T	11:15 AM	12:00 PM	\$93	\$182
Tumble Tots - With Adult	HVY	2-3 years	W	10:15 AM	11:00 AM	\$93	\$182
Tumble Tots - With Adult	HVY	2-3 years	TH	9:15 AM	10:00 AM	\$93	\$182
Tumble Tots - With Adult	HVY	2-3 years	TH	11:15 AM	12:00 PM	\$93	\$182
Tumble Tots - With Adult	HVY	2-3 years	TH	5:15 PM	6:00 PM	\$87	\$169

### **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.

### Apple Creek YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	ACY	3-5 years	M	5:30 PM	6:00 PM	\$68	\$142

### Fox West YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Stars	FWY	3-4 years	T	5:20 PM	6:05 PM	\$100	\$200
Tumble Stars	FWY	3-4 years	TH	4:30 PM	5:15 PM	\$93	\$186

### 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	\$100	\$200
Tumble Stars	HVY	3-4 years	M	11:15 AM	12:00 PM	\$100	\$200
Tumble Stars <b>NEW!</b>	HVY	3-4 years	M	1:15 PM	2:00 PM	\$100	\$200
Tumble Stars	HVY	3-4 years	T	10:15 AM	11:00 AM	\$100	\$200
Tumble Stars	HVY	3-4 years	T	6:15 PM	7:00 PM	\$100	\$200
Tumble Stars	HVY	3-4 years	W	9:15 AM	10:00 AM	\$100	\$200
Tumble Stars <b>NEW!</b>	HVY	3-4 years	W	11:15 AM	12:00 PM	\$100	\$200
Tumble Stars	HVY	3-4 years	W	4:15 PM	5:00 PM	\$100	\$200
Tumble Stars	HVY	3-4 years	TH	12:15 PM	1:00 PM	\$100	\$200
Tumble Stars <b>NEW!</b>	HVY	3-4 years	TH	6:15 PM	7:00 PM	\$93	\$186

### 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	\$100	\$200
Tumble Superstars	FWY	4-6 years	W	4:30 PM	5:15 PM	\$100	\$200
Tumble Superstars	FWY	4-6 years	TH	5:20 PM	6:05 PM	\$93	\$186

### Heart of the Valley YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tumble Superstars	HVY	4-6 years	M	9:15 AM	10:00 AM	\$100	\$200
Tumble Superstars	HVY	4-6 years	M	6:15 PM	7:00 PM	\$100	\$200
Tumble Superstars	HVY	4-6 years	M	12:15 PM	1:00 PM	\$100	\$200
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$100	\$200
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$100	\$200
Tumble Superstars	HVY	4-6 years	TH	1:15 PM	2:00 PM	\$100	\$200

Tumble Superstars <b>NEW!</b>	HVY	4-6 years	TH	4:15 PM	5:00 PM	\$93	\$186
Tumble Superstars <b>NEW!</b>	HVY	4-6 years	F	10:15 AM	11:00 AM	\$100	\$200

## **YOUTH RECREATIONAL GYMNASTICS**

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

Classes are geared towards both 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	\$135	\$284
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$135	\$284
Girls Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$135	\$284
Girls Gymnastics	HVY	6-9 years	T	6:10 PM	7:10 PM	\$135	\$284
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$135	\$284
Girls Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$135	\$284
Girls Gymnastics	HVY	6-9 years	TH	4:00 PM	5:00 PM	\$126	\$273
Girls Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$126	\$273
Girls Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$135	\$284
Girls Gymnastics 10 & Up	HVY	10-17 years	T	7:15 PM	8:15 PM	\$135	\$284
Girls Gymnastics 10 & Up	HVY	10-17 years	W	7:15 PM	8:15 PM	\$135	\$284

### **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.

### **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. Instructor recommendation is required 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	\$135	\$284
Advanced Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$135	\$284
Advanced Gymnastics	HVY	6-9 years	TH	6:10 PM	7:10 PM	\$126	\$273
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	7:15 PM	8:15 PM	\$135	\$284
Advanced Gymnastics 10 & Up	HVY	10-17 years	TH	7:15 PM	8:15 PM	\$126	\$273

### **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.

## **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 920.830.5716.

## **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!

#### **Apple Creek 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	ACY	6-12 years	M	6:00 PM	6:45 PM	\$100	\$200

#### **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	6:10 PM	6:55 PM	\$100	\$200
Tumbling 1	FWY	6-12 years	TH	6:10 PM	6:55 PM	\$93	\$186

### **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	5:20 PM	6:05 PM	\$100	\$200

### **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	7:15 PM	8:00 PM	\$100	\$200
Totally Tumbling	HVY	6-14 years	T	7:15 PM	8:00 PM	\$100	\$200
Totally Tumbling	HVY	6-14 years	TH	7:15 PM	8:00 PM	\$93	\$186
Totally Tumbling <b>NEW!</b>	HVY	6-14 years	F	11:15 AM	12:00 PM	\$100	\$200

#### Fox West YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Totally Tumbling <b>NEW!</b>	FWY	6-14 years	W	6:10 PM	6:55 PM	\$100	\$200