



SPRING

## GYMNASTICS

### SPRING PROGRAM SESSION:

April 15 – June 2, 2024

No Class Monday, May 27, 2024 – Monday classes are prorated

#### STAFF CONTACTS

HVY – Jessica Fitzgerald Gymnastics Specialist P 830.5724 E [jfitzgerald@ymcafoxcities.org](mailto:jfitzgerald@ymcafoxcities.org)

HVY – Jenna Ly Gymnastics Director P 830.5716 E [jly@ymcafoxcities.org](mailto:jly@ymcafoxcities.org)

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

#### HEART OF THE VALLEY YMCA PRESCHOOL GYMNASTICS

Participants will be evaluated on the first day of the session and put into groups with others at their own ability level. The sessions will offer many learning opportunities for the gymnasts. Participants may join a class at any point during the session if there is space available. Girls' gymnastics and Advanced 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 (PARENT/CHILD CLASS-WALKING UNASSISTED-2 YEARS) (FWY, 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 (PARENT/CHILD CLASS-AGES 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) (FWY, HVY)**

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.

**TUMBLE SUPERSTARS (AGES 4-6 YEARS) (FWY, 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	HVY	Walking-2 years	W	5:15 PM	6:00 PM	\$42	\$82
Tumble Bugs - With Adult	HVY	Walking-2 years	M	9:15 AM	10:00 AM	\$36	\$71
Tumble Bugs - With Adult	HVY	Walking-2 years	T	5:15 PM	6:00 PM	\$42	\$82
Tumble Bugs - With Adult	HVY	Walking-2 years	TH	9:15 AM	10:00 AM	\$42	\$82
Tumble Tots - With Adult	HVY	2-3 years	M	5:15 PM	6:00 PM	\$36	\$71
Tumble Tots - With Adult	HVY	2-3 years	T	10:15 AM	11:00 AM	\$42	\$82
Tumble Tots - With Adult	HVY	2-3 years	W	10:15 AM	11:00 AM	\$42	\$82
Tumble Tots – With Adult	HVY	2-3 years	TH	10:15 AM	11:00 AM	\$45	\$89
Tumble Tots – With Adult	HVY	2-3 years	TH	5:15 PM	6:00 PM	\$45	\$89
Tumble Stars	HVY	3-4 years	M	4:15 PM	5:00 PM	\$39	\$77
Tumble Stars	HVY	3-4 years	T	9:15 AM	10:00 AM	\$45	\$89
Tumble Stars	HVY	3-4 years	T	6:15 PM	7:00 PM	\$45	\$89
Tumble Stars	HVY	3-4 years	W	9:15 AM	10:00 AM	\$45	\$89
Tumble Stars	HVY	3-4 years	W	4:15 PM	5:00 PM	\$45	\$89
Tumble Stars	HVY	3-4 years	TH	4:15 PM	5:00 PM	\$45	\$89
Tumble Superstars	HVY	4-6 years	M	10:15 AM	11:00 AM	\$39	\$77
Tumble Superstars	HVY	4-6 years	M	6:15 PM	7:00 PM	\$39	\$77
Tumble Superstars	HVY	4-6 years	T	4:15 PM	5:00 PM	\$45	\$89
Tumble Superstars	HVY	4-6 years	W	6:15 PM	7:00 PM	\$45	\$89
Tumble Superstars	HVY	4-6 years	TH	6:15 PM	7:00 PM	\$45	\$89

## YOUTH GYMNASTICS (AGES 6-17 YEARS)

The Heart of the Valley YMCA offers gymnastics for girls and tumbling classes for boys from the age of 6 to 17 years in a 7-week session. All gymnastics instruction is done with a step-by-step approach and 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 class formerly was known as Advanced open gym. 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 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) (HVY)

Classes are available for those that have mastered a pullover on bars, a bridge kick over and a round off on the floor. Must have Instructor recommendation to move to an advanced gymnastics class.

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

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.

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

Perfect class for boys and girls who want to concentrate on just tumbling and floor-related gymnastics skills.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Girls Gymnastics	HVY	6-9 years	M	5:05 PM	6:05 PM	\$53	\$105
Girls Gymnastics	HVY	6-9 years	T	4:00 PM	5:00 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	T	5:05 PM	6:05 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	T	6:10 PM	7:10 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	W	4:00 PM	5:00 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	W	5:05 PM	6:05 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	TH	4:00 PM	5:00 PM	\$61	\$122
Girls Gymnastics	HVY	6-9 years	TH	5:05 PM	6:05 PM	\$61	\$122
Girls Gymnastics 10 & Up	HVY	10-17 years	M	7:15 PM	8:15 PM	\$53	\$105
Girls Gymnastics 10 & Up	HVY	10-17 years	T	7:15 PM	8:15 PM	\$61	\$122
Totally Tumbling	HVY	6-14 years	M	7:15 PM	8:00 PM	\$39	\$77
Totally Tumbling	HVY	6-14 years	T	7:15 PM	8:00 PM	\$45	\$89
Totally Tumbling	HVY	6-14 years	W	7:15 PM	8:00 pm	\$45	\$89
Totally Tumbling	HVY	6-14 years	TH	7:15 PM	8:00 pm	\$45	\$89
Advanced Gymnastics	HVY	6-9 years	M	4:00 PM	5:00 PM	\$53	\$105
Advanced Gymnastics	HVY	6-9 years	W	6:10 PM	7:10 PM	\$61	\$122
Advanced Gymnastics	HVY	6-9 years	W	7:15 PM	8:15 PM	\$61	\$122
Advanced Gymnastics	HVY	6-9 years	TH	6:10 PM	7:10 PM	\$61	\$122
Advanced Gymnastics 10 & Up	HVY	10-17 years	M	6:10 PM	7:10 PM	\$53	\$105

## 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 3 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.

**FOX WEST YMCA GYMNASTICS  
TUMBLING CLASSES AGES 3-12 YRS**

**TUMBLE STARS (AGES 3-4 YEARS) (FWY, HVY)**

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, HVY)**

Class is for a preschooler who has gymnastics experience and needs to be challenged physically as they are ready to learn skills that are more advanced. Pre-requisite 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 and without gymnastics experience need take Tumble Stars as the prerequisite class before enrolling in Tumble Superstars.

**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 mastering cartwheels, backward rolls, handstands, low beam, bar skills and more!

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

This class is for children who have been moved up from their Y instructor from Tumbling 1. If your child has mastered the backward roll, cartwheel, one-hand cartwheel, and handstand forward roll and is ready for handsprings this is the right class for them.

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	TH	4:30 PM	5:15 PM	\$45	\$89
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
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	FWY	6-12 years	W	5:30 PM	6:15 PM	\$45	\$89
Tumbling 2	FWY	6-12 years	W	6:30 PM	7:15 PM	\$45	\$89