FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRESSIVE TUMBLING

September 2015

NEW

The Y Introduces...

ULTIMATE MOMMY~DADDY & ME PACKAGE

For children ages 18 months to 3 years.
One price all access. AM & PM Classes.

See brochure or back for schedule.

PARENT –TOT

Roly Poly Ages 9 months to 18 months

Wednesday	10:00 -10:30 am
Friday	5:00 - 5:30 pm

New Time ***Wiggle Worms** 18 Months through 3 years

Monday	9:00 -9:45 am & 5:15-6:00pm

* *Included in the Ultimate Mommy~Daddy & Me Package*

Monthly Program Fees Once a week

Family/Adult	$28
Program only	$45

PRESCHOOL

Tumblers I Ages 3-5 (45 Min.)

Tuesday	3:15 - 4:00 pm
Wednesday	3:30 - 4:15 pm
Friday	5:45 - 6:30 pm
Saturday	11:00 -11:45 am

Tumblers II Ages 4-6 (1-Hour)

Tuesday	4:00 -5:00 pm
Thursday	4:00 -5:00 pm & 5:00 - 6:00 pm
Saturday	10:00 -11:00 am

Monthly Program Fees Once a week

	Tumblers I	Tumblers II
Family	$45	$48
Youth/Student	$60	$63
Program only	$120	$126

Classes are Held in the Gymnastics Center

YOUTH

Tumblers II Ages 4-6

Tuesday	4:00 -5:00 pm
Thursday	4:00 - 5:00 pm & 5:00 -6:00 pm
Saturday	10:00-11:00 am

Beginning Tumbling Ages 6-12

Tuesday	4:00 -5:00 pm & 5:00 - 6:00 pm
Wednesday	3:30-4:30 pm & 4:30-5:30 pm
Thursday	4:00 -5:00 pm
Saturday	10:00 –11:00 am

Intermediate Tumbling Ages 7-12
Coach Approval Required

Tuesday	5:00 - 6:00 pm
Thursday	5:00 - 6:00 pm

Advanced Tumbling Ages 8-12
Coach Approval Required

Tuesday	6:00 -7:00 pm
Thursday	6:00 -7:00 pm & 7:00 - 8:00 pm

Parkour Ages 6-12

Wednesday	5:30-6:30 pm

Monthly Program Fees Once a week/1-Hour

	Tumbling	Parkour
Family	$48	$40
Youth/Student	$63	$55
Program only	$126	$110



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Class Descriptions (Classes are one hour unless otherwise noted)

Roly Polys Parent-Tot (Ages 9 mos. To 18 mos./parent participation required) Come and play with us in our spacious Gymnastics Center! Watch your child build confidence and refine movement skills with your support through play and observing their peers. This is a parent/tot playtime, please be advised there is no instructor. (This playtime is free with a YMCA Adult or Family Membership). Class length: 30 minutes

Wiggle Worms Parent-Tot (Ages 18 mos. to 3 yrs/parent participation required) Bring your little Wiggle Worm to our spacious Gymnastics Center, and join our specially trained instructor for a group stretch, adventurous obstacle course and some free play time. In addition to aiding the development of fundamental movement skills; simple social skills such as making friends, sharing, taking turns and peer support are the highlights of this fun interactive class. Class length: 45 minutes.

Tumblers I (Ages 3-5 yrs) is designed to be your child's first experience in a class independent of Mom or Dad. Skill mastery is not our goal in this class. Focus is on body awareness and control through flexibility and strength conditioning. More difficult skills such as forward and backward rolls, handstands and cartwheels are introduced in a fun and supportive atmosphere. Class length: 45 minutes

Tumblers II (Ages 4-6 yrs) Focus is on flexibility, strength and conditioning. Your child will begin working on basic skills and techniques that they will continue to build upon as they progress through our different level classes. They will develop confidence, strength and flexibility while learning at their own pace.

Beginning, Intermediate and Advanced Tumbling (Ages 6-12 yrs) This class highlights tumbling skills mastered through drills, games and repetition appropriate for each level with a focus on strength, flexibility and technique. Your child will be moved into the next level by the coach at the appropriate time.

Parkour (Ages 6-12 yrs) is the ability to move through your environment quickly and efficiently. You will learn how to use your body to jump, vault and climb over any obstacles in your path. Strength, flexibility and focus are highlighted in this class.



ULTIMATE MOMMY~DADDY & ME PACKAGE

Ages 18 months to 3 years

Wiggle Worms (GC)
Monday 9:00 -9:45 am & 5:15-6:00pm

Storybook Dance (GC)
Tuesday 9:00 -9 9:45 am

Zumba Kids (RS)
Tuesday 5:15-6:00pm

Toddler Tunes (GC am/LS pm)
Wednesday 9:00 -9:45 am & 5:15-6:00pm

Tadpoles (Pool)

Monthly Program Fee	
Family Member	$70
Program Member	$178

For more information contact:
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