

# BEND BALANCE & TUCK



## Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM

Tuesdays and Fridays

July 17–August 3

Ages 6–14, 6:30p.m. – 7:30p.m.

\$40 YMCA Members \in-town residents (\$30 per sibling after the first child)

\$50 nonmembers \out of town residents

YMCA multipurpose room

Register in advance at the front desk

Class size is limited to 6 children

Children with physical and developmental abilities welcomed

\*please wear shorts & t-shirt or leotards w/ shorts\*

The students will be introduced to the:

Forward roll

Backward roll

Cart-wheel

Power hurdle

Standing back bend

Body awareness and positions: Tuck, Pike, Straddle, Lunge, Candlestick, V-Sit, Gymnastic “stick” position, Bridge hold.



Instructor: Sarah Phillips  
14 years of experience as a  
competitive gymnast. State  
and Regional qualifier.





**Altavista Area YMCA**  
**Introduction to Basic Tumbling**  
Tuesday and Friday July 17-August 3  
Ages 6-14, 6:30p.m. – 7:30p.m.

\$40.00 members\in-town residents (\$30 for each sibling after the first)  
\$50.00 nonmembers\out of town residents  
Max of 6 students per session

\*\*\*Please wear Shorts and T-Shirt or Leotards w/ Shorts\*\*\*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Waiver: For being allowed to participate in the YMCA program (Basic Tumbling Class), I hereby agree to assume full responsibility for any injury, sickness, or health defect resulting from or received during participation in the above-mentioned activity. Further, I agree to release, indemnify and save harmless the Altavista Area YMCA, its committees and sponsors from any liability, damage claim, or judgment that may result from or arise out of my participation in this activity. I give my permission to be photographed while participating in this program.

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date

Previous experience or skills already mastered: \_\_\_\_\_

Interested in volunteering: \_\_\_\_yes \_\_\_\_no