

BEND BALANCE & TUCK

Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM
HOME SCHOOLERS WELCOME

Tuesdays and Fridays

October 9-26

Ages 3-6, 10:45am – 11:30am

Ages 7-14, 11:45am – 12:45am

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

\$50 nonmembers\out of town residents (\$40 per sibling after the first child)

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

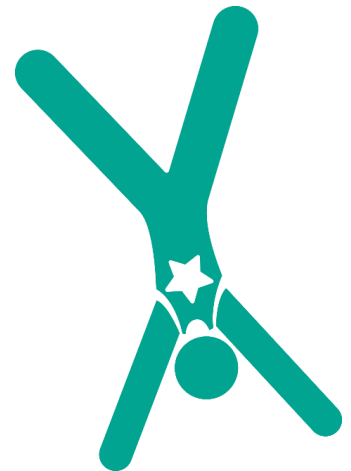
Backward roll

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.

