

BEND BALANCE & TUCK

Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM

Wednesdays and Fridays

June 13-29

Ages 3-6, 9:30am – 10:15am Parent and Tot

Ages 6-9, 10:30am – 11:15am Little Ones

Ages 7-14, 11:30am – 12:15pm

\$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

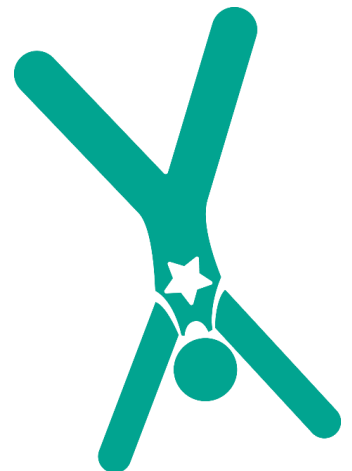
Cart-wheel

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.