



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEND BALANCE & ROLL

Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM
AGES 3-6

Wednesdays and Fridays,

March 21-April 6

9:30a.m. - 10:15a.m. **Little Ones**

10:30a.m. - 11:15a.m. **Parent & Tot**

\$40 YMCA Members - \$70 nonmembers

YMCA multipurpose room

Register in advance at the front desk

Class size is limited to 10 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.

