



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEND BALANCE & ROLL

Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM
AGES 4-8

Wednesday and Friday,
June 14th - June 30th

9:30a.m. - 10:15a.m. 4-6 yrs.

10:30a.m. - 11:15a.m. 6-8 yrs.

\$40 YMCA Members - \$70 nonmembers

YMCA multipurpose room

Register in advance at the front desk

Class size is limited to 10 children

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: Josh Clapper
Eight years of experience as
a competitive gymnast and
coach. State and Regional
qualifier and placer.

