

BEND BALANCE & TUCK

Introduction to Basic Tumbling

ALTAVISTA AREA YMCA MULTI-PURPOSE ROOM



Wednesdays and Fridays

May 9-25

9:30a.m. - 10:15a.m. **Little Ones** (3-6 yrs old)

10:30a.m. - 11:15a.m. **Parent & Tot** (3-6 yrs old)

11:30a.m. - 12:15p.m. **Home School Students** (9-14 yrs old)

\$40 YMCA Members (\$30 per sibling after the first child) \$50 nonmembers

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

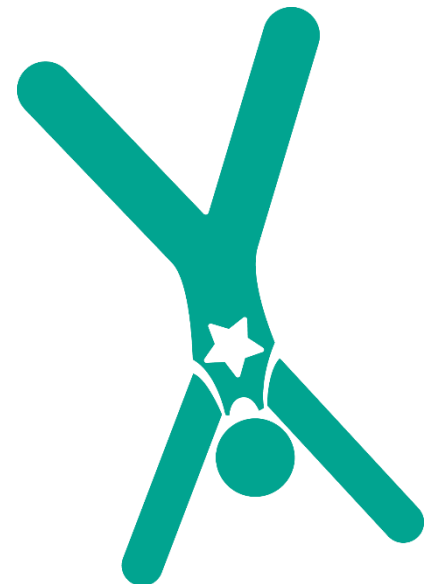
Backward roll

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.



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3-6-Year-old - 10:30a.m. - 11:15a.m. **Parent & Tot**
9-14-Year-old- 11:30a.m. - 12:15p.m. **Home School Students**

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

Circle a time: 9:30a.m. - 10:15a.m. **or** 10:30a.m. - 11:15a.m. **or** 11:30a.m. - 12:15p.m.

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

Is your child in the Y child care program? ___yes ___no