



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS

Gymnastics is the most complete activity available to our youth. Gymnastics develops strength, balance, flexibility. Gymnastics gives a strong advantage to those children that wish to participate in other sports as they get older.

Heart of The Valley YMCA offers gymnastics for kid's ages 18months thru high school. We also offer competitive gymnastics. We follow the rules and guidelines of USA gymnastics federation.

**For more information
contact Dave Belknap at
920.830.5716 or
dbelknap@ymcafoxcities.org**



HEART OF THE VALLEY YMCA

225 W. Kennedy Ave., Kimberly, WI 54136
P 920.830.5700 F 920.830.3068 www.ymcafoxcities.org

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.



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PRESCHOOL CLASSES

Our preschool program serves boys and girls from toddlers to age 6. Our staff is well trained in the latest teaching techniques and safety standards. Our preschool classes promote physical activity with emphasis on developing coordination, balance and flexibility. Please refer to the current program book for more specific information. Enjoy your class!

Y TUMBLE BUGS – Ages walking – 18 months – All children must be accompanied by an adult. This class provides an opportunity for parents to participate with their child. The first 20 minutes will be structured with parent/child activities, songs, and social play, the remaining time will be free play for the parents and children.

Y TUMBLE TOTS – Ages 18 months- 36 months – All children must be accompanied by an adult. During this class, the parent works with the developing child through activities designed to improve balance, strength, large muscle development, gross and fine motor skills, as well as hand eye coordination.

Y TUMBLE STARS – Ages 3 – 4 years old – This class is for the growing toddler who is ready to participate in class without parents. Children focus on learning beginning gymnastics skills and improving coordination, strength and flexibility. Children will learn how to follow circuits and simple directions.

Y TUMBLE SUPERSTARS – Ages 4 – 6 years old – This class is for the preschooler who has gymnastics experience and needs to be challenged physically as they are ready to learn more advanced skills. Pre-requisite skill include: forward roll, backward roll down wedge, mini cartwheel, balance on one foot on low beam, re-grasp swings on low bar.

YOUTH GYMNASTICS PROGRAM

The Heart of the Valley YMCA offers gymnastics for boys and girls from the age of 5 years old to 17 years old. All gymnastics instruction is done with a step by step approach. Every child is challenged in a safe and positive environment. Children will be grouped by age, then evaluated on the first day of class and be placed in a group of their ability. Levels will be beginners, Level 1, Level 2 and Level 3.

BOYS – Ages – 5 -7 years old

BOYS – Ages – 8 and Up

GIRLS – Ages – 6 – 9 years old

GIRLS – Ages – 10 and up

ADVANCED GYMNASTICS

This class is recommended for girls who have mastered a Pull Over on bars, a Bridge Kick Over, and a Round Off.

PRE-TEAM GYMNASTICS

Instructor Recommendation Only! This class is for gymnasts who have successfully completed Level 3 requirements. This is the step between classes and team, and is recommended for all girls wishing to advance to Level 4 competitive gymnastics. Participants will learn Level 4 routines, strength train, and learn necessary skills needed for team.

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