

Sessions are monthly

Private Tumbling Lessons

Private lessons will help participant to set own goals. Then by working one on one help participant to achieve those goals. Please contact Denise Bushman for days and times. **Please contact Denise Bushman at the YMCA to set up days and times. You may also request a specific instructor.**

Tiny Tot Tumbling (T.T.T.)

Parent and child will enjoy their quality time together while working on development of gross motor and coordination skills as well as balance, spatial awareness, and strength. Great for socialization, taking turns, sharing, cooperating with one another. Basic tumbling skills are introduced through a variety of circuits or stations.

Tiny Tumblers (T.T.)

Child will develop independence, social skills, cognitive, language and gross motor skills. Great for kindergarten preparation as children will learn to follow directions and take turns. Skills include basic positions, rolls, cartwheels, leaps, animal walks, and balance skills. It's also good preparation for Gymnastics skills.

Gymnastics (G.G.)

All skill levels are taught on the floor, the balance beam, the uneven bars, and the vault. The skills are taught in a progressive manner as each skill builds up to the next skill. Each participant has a progression card and as each of the six levels is accomplished the skills are checked off. New to the program is strengthening and conditioning stations. This will cut down on waiting time for each apparatus. This also provides more of a workout while strengthening, toning, and conditioning. We work on values education and safety awareness.

Tumble and Cheer(T.C.)

Participants will learn cheers/chants/ jumps/tumbling skills. Participants will cheer at the YMCA Boys and Girls Basketball games on Saturdays in the winter season. Game times will be decided by the parents at the first lesson. T-Shirts are included and to be worn at each game. Games will be Saturdays in January, February, and March.

Hip Hop Dance/Jazz/Ballet Dancers will learn a choreographed dance routine to a popular song. At the end of the nine weeks participants will show off their dance at a YMCA special event such as the Y Christmas program, Healthy Kids Day in the spring or Spring Fling.

Swim and Gym

This program is a combination of the current Preschool Swim Lessons and Tiny Tots/ Tiny Tumbling Program. YMCA Gym & Swim is fun fitness for children 2-5 years old. Gym and Swim is designed to help your child improve flexibility, coordination, and large motor development. Learning to follow directions and social interaction with other children in a class environment is also a plus.