



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SEE BELIEVE ACHIEVE

ALTAVISTA AREA YMCA INTRODUCTION TO BASIC TUMBLING CAMP

The students will be introduced to the following:
Forward roll, Backward roll, Cart-wheel, Power hurdle,
Standing back bend along with body awareness and
positions: Tuck, Pike, Straddle, Lunge, Candlestick, V-Sit,
Gymnastic "stick" position, Bridge hold

CLASSES MONDAYS & FRIDAYS
JUNE 20TH - AUGUST 5TH
**** (NO CLASSES JULY 4TH WEEK)**

Session 1: 3-5yo, 10:45-11:30am **Limited to 8 per class
Session 2: 6-9yo, 11:45-12:45pm **Limited to 10 per class
Session 3: 10-14yo, 1-2pm **Limited to 10 per class

\$40 for YMCA members

\$50 for Program Participants

Register in advance at the Athletic Center Front Desk or Online