



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TUMBLING CLASSES AT THE Y!

At the Y, you can roll, flip and jump your way to fun! We offer tumbling classes for all skill levels, which help children form solid gymnastics fundamentals. Classes, ages and availability vary. Call the number below for further information.

PARENT & ME TUMBLING-18-2 YEARS (MUST BE WALKING)

During the 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. Class also involves songs and social play. Must be accompanied by an adult.

PEE WEE TUMBLING/TUMBLE BEES-AGES 3-4

This program helps children develop fundamental skills, body awareness and motor skills while incorporating teamwork through instructional play.

BEGINNER TUMBLING-AGES 5 & UP

Tumbling has been proven to develop strength, flexibility, agility, control and balance. This beginner level class will focus on proper technique for rolls, bridges, handstands, cartwheels, and more.



INTERMEDIATE TUMBLING-AGES 8-UP

This intermediate level class will build on proper technique for forward rolls, chin rolls, bridges, handstands, cartwheels, round-offs, and introduce handsprings and aerials.

ADVANCED TUMBLING -AGES 12-UP

Advanced tumbling builds on the skills taught in beginner and intermediate classes. Youth will work on perfecting basic tumbling and fine-tune skills such as handstands, cartwheels, round-offs, front walkovers, handsprings, aerials, and other somersaults.

WHEN: Classes beginning August 1, 2020 (Meets twice a week for 4 weeks)

TIME: 6:00 – 6:45p.m.

Location: Corona-Norco family ymca

1331 River Rd.

Corona, CA 92878

951 736 9622

COST: \$45.00 Y Member

\$55.00 non-member