



# TUMBLING CLASSES

**Sign Up!**

**Flip, twist, and tumble your way to stronger skills—perfect for cheer, dance, or any sport!**

Our Tumbling Classes are a great fit for cheer and dance athletes—or anyone interested in exploring the dynamic, acrobatic side of gymnastics in a supportive environment. Tumbling 1 introduces foundational skills like round-offs and walkovers, while Tumbling 2 builds on those basics, focusing on more advanced moves such as back handsprings and complex acrobatic sequences.

## **Tumbling Classes**

Sign Up is Open - Register Online Today!

### **Tumbling | Sundays**

2:45 pm - 3:30 pm



**Registration & Class Information at:**  
[WoodsonYMCA.com/gymnastics/](http://WoodsonYMCA.com/gymnastics/)



**Boys & Girls Ages 6+**  
Registration Required

### **Spring 1: March 9 - April 26**

Member Registration:

Thursday, Feb. 19 at 8am

Open to All: Thursday, Feb. 26 at 8am

### **Spring 2: April 27 - June 7**

Member Registration:

Thursday, Feb. 19 at 8am

Open to All: Thursday, Feb. 26 at 8am

**Questions? Contact Jackie Buemi**  
Gymnastics Director  
Email: [jbuemi@woodsonymca.com](mailto:jbuemi@woodsonymca.com)

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**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**