GYMNASTICS

TUMBLING

the YMCA

Boy & Girls Ages 6+

Flip, Twist & Tumble Your Way To Stronger Skills!

Our Tumbling Classes are a great addtion to cheer and dance skills—or anyone interested in exploring the dynamic, acrobatic side of gymnastics in a fun, supportive environment.

Tumbling 1 introduces foundational skills such as round-off and walkovers and give athletes the opportunity to develop strength, coordination and body control while building condfidence in basic acrobatic movements. **Tumbling 2** focuses on building onto the foundational skills and more advanced skills such as back handsprings and complex acrobatic sequences.



Winter: January 2 – February 21

Registration Opens

Y Members: Friday, November 20 at 8 AM

Open to All – Friday, November 27 at 8 AM

No Classes January 17–18

Spring: February 22 – April 18

Registration Opens

Y Members: Friday, February 4 at 8 AM

Open to All – Friday, February 11 at 8 AM

No Classes March 20–28

REGISTER TODAY!

WoodsonYMCA.com/tumbling

Scan the QR Code to view class times and more information.

Woodson YMCA Wausau Branch
707 N 3rd St. Wausau, WI 54403
715-845-2177

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Questions? Contact Jackie Buemi
Gymnastics Director
Email: jbuemi@woodsonymca.com

DEVELOPMENTAL GYMNASTICS

COED AGES 5+

Our Gymnastics Skill Development Program offers a clear, age-appropriate pathway for athletes to grow in skill, strength, and confidence. Gymnasts begin in Foundations to learn the fundamentals of bars, beam, floor, and vault, then advance to Skills & Progressions to refine techniques, build strength, and connect skills into sequences. Those ready for higher challenges move into Advanced Skills to master complex skills and prepare for competitive-level training.

From there, gymnasts may join Pre-Team to begin competition preparation or choose our Advanced Recreational Class for continued skill growth without the competitive commitment.

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