



FLEX YOUR SKILLS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TUMBLING IS BACK!

This program encompasses all aspects of tumbling for those to spend time in cheerleading and those wanting to simply learn to tumble rather than engage in all aspects of gymnastics. The goal of this program is to continue to improve coordination, balance, and body awareness while building confidence.

CLASSES ON FRIDAYS IN THE MANSFIELD YMCA GYM (5 WEEKS)

REGISTRATIONS BEGIN OCTOBER 9TH

CLASSES START OCTOBER 25TH

Preschool Tumbling (ages 3 - 5) 6-6:45pm

Beginner/Intermediate (ages 6 & up) 7-7:45pm

Household Members \$25.00

Non-Members \$55.00

Contact: Stephen Greene at 419-522-3511 ext. 227 or sgreene@mansfieldy.org

Preschool Tumbling (3-5 years old)

Our preschool program proudly offers a Tumbling program for children 3 to 5 years of age and is creatively designed to promote body awareness and self-esteem through tumbling exercise. Our program aims to increase each student's individual awareness, coordination, and flexibility.

Wednesdays 6:00pm

Beginner/Intermediate Tumbling (ages 6 & up)

Emphasis is placed on basic body mechanics and skill development with strength and flexibility. Participants will be taught the skills to accomplish a cartwheel, forward roll, backward roll, handstands against the wall, all while increasing the participants strength and flexibility.

Wednesdays 7:00pm