

## **Join us at The Y!**

### **Jungle-Gym Monday**

This parent interactive toddler tumbling class is for children ages 2-3. Tots will sharpen motor skills and burn energy in this fun obstacle course style tumbling class while enjoying playtime with other toddlers and parents.

### **Exhibition Cheer Monday**

Exhibition Cheer Team specifically for beginners ages 4-14. Cheerleaders will learn a strong foundation for cheer, dance, and tumbling as well as, learning how to perform in front of a crowd. There is a one-time uniform fee of \$75 paid to Coach Heather Ford during your child's first session. These uniforms will be worn to all showcase events and performances. Showcases and Exhibition performances will be locally based.

### **Beginner Tumbling Wednesday**

No previous experience required for this fun and energetic beginner tumbling class. Boys and Girls ages 4+ will begin building a foundation for movement, build strong muscles and increase flexibility, and have fun learning with friends. In this class the instructor uses a progressive style learning format to perfect basic skills and increase technique and ability through a strong foundation and understanding of each skill. Perfect for increasing balance and motor skills for children of all ages and abilities.

### **Competition Cheer Monday/Wednesday**

The competition cheer squad is made up of girls ages 5-14 and can hold anywhere between 10-25 active squad members on the team. This team does require a skills evaluation prior to registration. We ask that any family interested in the competition cheer team contact Coach Heather Ford directly at 812-340-6335 to discuss skills assessment, financial obligation, uniform fittings, and travel requirements associated with this program prior to registering for this team. The exhibition squad is also an option for anyone who does not wish to do the added requirements of this team.

### **Intermediate/Advanced Tumbling Monday**

\*Minimum of a running round-off is required to participate in this class\* Boys and girls ages 5+ that meet the minimum tumbling requirement use their foundation to increase skill level and perfect technique in this high energy class. Participants need to wear shorts/t-shirt/leotard/leggings that are clean and well fit. We do a lot of spotting upside down and at higher speeds, clothing can be a safety concern if not fitted properly. Participants will also want to bring a water bottle and be prepared to go barefoot. This class is an excellent choice for anyone wanting to learn front/back handsprings and tucks!