



# GYMNASTICS, TUMBLING, NINJA QUEST, AND ACRO FALL PROGRAM SESSION:

## **Gymnastics, Tumbling and Acro Classes (14 Week Programs)**

September 7 – December 20, 2026

No classes Monday, September 7 2026

No classes November 23-29, 2026

See the Girls Gymnastics Open Workouts section for information on when those are being held throughout the session.

## **Ninja Quest Classes (7 Week Programs)**

Fall 1 Session: September 7 – October 25, 2026

No classes Monday, September 7, 2026

Fall 2 Session: October 26 – December 20, 2026

No classes November 23-29, 2026

## **STAFF CONTACTS**

HVY and NMY – Caylee Vidas Gymnastics Coordinator P 560.0434 E [cvidas@ymcafoxcities.org](mailto:cvidas@ymcafoxcities.org)

HVY and NMY– Jessica Fitzgerald Gymnastics Coordinator P 830.5728 E [jfitzgerald@ymcafoxcities.org](mailto:jfitzgerald@ymcafoxcities.org)

HVY and NMY – Jenna Ly Gymnastics Director P 830.5716 E [jly@ymcafoxcities.org](mailto:jly@ymcafoxcities.org)

FWY – Megan Stine, Dance Coordinator P 560.3410 E [mstine@ymcafoxcities.org](mailto:mstine@ymcafoxcities.org)

Due to the high-volume demand for Gymnastics, Tumbling, Ninja Quest and Acro programs, we ask that you carefully review your cart, before checking out, for the days/times and locations you selected. Changes, due to registration errors, can only be made if there are openings in classes. Please note the following policies below.

### **Gymnastics, Tumbling, Ninja Quest and Acro Program Registration Policies:**

**Prior to the first day of the session:** If you withdraw from a program prior to the start of the first day of the session, the YMCA will issue a **credit voucher** for the class. The session generally begins on a Monday; all cancellations must be requested via email prior to Monday to receive a credit. Credit vouchers expire one year from the issuing date. Refunds will only be issued for medical reasons and a doctor's note must be provided to the Program Coordinators or Director.

**After the start of the first day of the session:** If you withdraw from a program after the session has begun **no credit or refund will be given.** The session generally begins on a Monday; all cancellations must be requested via email prior to Monday. Refunds will only be issued for medical reasons and a doctor's note must be provided to the Program Coordinators or Director.

**Waitlists:** If an opening is available in a waitlisted program, the Program Coordinators or Director will notify you via email and will require a 24-hour time limit for response. If you do not respond within 24 hours, the Department will contact the next person on the waitlist for the opening. Please make sure that your email in your account is accurate.

## GYMNASTICS CLASS AND TEAM OFFERINGS

Gymnastics instruction is a step-by-step progressive approach. Every child is challenged in a safe and positive environment. Children will be grouped by age and skill level. Gymnastics class and competitive team teach skills are done on all gymnastics apparatuses (vault, bars, balance beam and floor).

### PRESCHOOL GYMNASTICS

#### TUMBLE BUGS (PARENT/CHILD CLASS-WALKING UNASSISTED-2 YEARS)

During the class, the parent works with the developing child to increase independence 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 one adult per child enrolled.

##### Heart of the Valley YMCA

| Class name               | YMCA | Age             | Day | Start    | End      | Y Member | General Public |
|--------------------------|------|-----------------|-----|----------|----------|----------|----------------|
| Tumble Bugs - With Adult | HVY  | Walking-2 years | M   | 9:15 AM  | 10:00 AM | \$89     | \$169          |
| Tumble Bugs - With Adult | HVY  | Walking-2 years | T   | 5:15 PM  | 6:00 PM  | \$95     | \$182          |
| Tumble Bugs - With Adult | HVY  | Walking-2 years | W   | 11:15 AM | 12:00 PM | \$95     | \$182          |
| Tumble Bugs - With Adult | HVY  | Walking-2 years | W   | 5:15 PM  | 6:00 PM  | \$95     | \$182          |
| Tumble Bugs - With Adult | HVY  | Walking-2 years | TH  | 10:15 AM | 11:00 AM | \$95     | \$182          |
| Tumble Bugs - With Adult | HVY  | Walking-2 years | F   | 10:15 AM | 11:00 AM | \$95     | \$182          |

##### Neenah Menasha YMCA

| Class name                              | YMCA | Age             | Day | Start   | End     | Y Member | General Public |
|-----------------------------------------|------|-----------------|-----|---------|---------|----------|----------------|
| Tumble Bugs - With Adult<br><b>NEW!</b> | NMY  | Walking-2 years | W   | 4:15 PM | 5:00 PM | \$95     | \$182          |

#### TUMBLE TOTS (PARENT/CHILD CLASS-AGES 2-3 YEARS)

During the class, the parent works with the developing child through activities designed to improve balance, strength, and large muscle development, gross and fine motor skills, as well as hand-eye coordination, some basic gymnastics skills and following gymnastics stations in the form of a circuit. Children work towards learning to take directions from staff with the assistance from their parent. Class also involves songs and social play. Must be accompanied by one adult per child enrolled.

### Apple Creek YMCA

| Class name               | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|--------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Tots - With Adult | ACY  | 2-3 years | M   | 4:50 PM | 5:20 PM | \$59     | \$112          |

### Heart of the Valley YMCA

| Class name               | YMCA | Age       | Day | Start    | End      | Y Member | General Public |
|--------------------------|------|-----------|-----|----------|----------|----------|----------------|
| Tumble Tots - With Adult | HVY  | 2-3 years | M   | 5:15 PM  | 6:00 PM  | \$89     | \$169          |
| Tumble Tots - With Adult | HVY  | 2-3 years | T   | 9:15 AM  | 10:00 AM | \$95     | \$182          |
| Tumble Tots - With Adult | HVY  | 2-3 years | W   | 10:15 AM | 11:00 AM | \$95     | \$182          |
| Tumble Tots - With Adult | HVY  | 2-3 years | TH  | 9:15 AM  | 10:00 AM | \$95     | \$182          |
| Tumble Tots - With Adult | HVY  | 2-3 years | TH  | 11:15 AM | 12:00 PM | \$95     | \$182          |
| Tumble Tots - With Adult | HVY  | 2-3 years | TH  | 6:15 PM  | 7:00 PM  | \$95     | \$182          |

### Neenah Menasha YMCA

| Class name                              | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|-----------------------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Tots - With Adult<br><b>NEW!</b> | NMY  | 2-3 years | W   | 5:15 PM | 6:00 PM | \$95     | \$182          |

### TUMBLE STARS (AGES 3-4 YEARS)

This class is for the growing preschooler who is ready to participate in class without parents. Focus on learning beginning gymnastics skills and improving coordination, strength and flexibility. Children will learn how to follow circuits and simple directions. Gymnasts who are three years old without gymnastics experience must take Tumble Tots as the prerequisite class before enrolling in Tumble Stars.

### Fox West YMCA

| Class name   | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|--------------|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Stars | FWY  | 3-4 years | W   | 5:20 PM | 6:05 PM | \$101    | \$200          |
| Tumble Stars | FWY  | 3-4 years | TH  | 4:30 PM | 5:15 PM | \$101    | \$200          |

### Heart of the Valley YMCA

| Class name   | YMCA | Age       | Day | Start    | End      | Y Member | General Public |
|--------------|------|-----------|-----|----------|----------|----------|----------------|
| Tumble Stars | HVY  | 3-4 years | M   | 4:15 PM  | 5:00 PM  | \$94     | \$186          |
| Tumble Stars | HVY  | 3-4 years | M   | 11:15 AM | 12:00 PM | \$94     | \$186          |
| Tumble Stars | HVY  | 3-4 years | T   | 10:15 AM | 11:00 AM | \$101    | \$200          |
| Tumble Stars | HVY  | 3-4 years | T   | 6:15 PM  | 7:00 PM  | \$101    | \$200          |
| Tumble Stars | HVY  | 3-4 years | W   | 9:15 AM  | 10:00 AM | \$101    | \$200          |
| Tumble Stars | HVY  | 3-4 years | W   | 4:15 PM  | 5:00 PM  | \$101    | \$200          |
| Tumble Stars | HVY  | 3-4 years | TH  | 12:15 PM | 1:00 PM  | \$101    | \$200          |
| Tumble Stars | HVY  | 3-4 years | TH  | 5:15 PM  | 6:00 PM  | \$101    | \$200          |

### Neenah Menasha YMCA

| Class name               | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|--------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Stars <b>NEW!</b> | NMY  | 3-4 years | W   | 6:15 PM | 7:00 PM | \$101    | \$200          |

## TUMBLE SUPERSTARS (AGES 4-6 YEARS)

This class is for a child who has gymnastics experience and needs to be challenged physically as they are ready to learn more advanced skills. Prerequisite skills include forward roll, beginner cartwheel, balance on one foot on low balance beam, and holding front support on bar. Gymnasts who are four years old without gymnastics experience must take Tumble Stars as the prerequisite class before enrolling in Tumble Superstars.

### Fox West YMCA

| Class name        | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|-------------------|------|-----------|-----|---------|---------|----------|----------------|
| Tumble Superstars | FWY  | 4-6 years | T   | 4:30 PM | 5:15 PM | \$101    | \$200          |
| Tumble Superstars | FWY  | 4-6 years | W   | 4:30 PM | 5:15 PM | \$101    | \$200          |
| Tumble Superstars | FWY  | 4-6 years | TH  | 5:20 PM | 6:05 PM | \$101    | \$200          |

### Heart of the Valley YMCA

| Class name        | YMCA | Age       | Day | Start    | End      | Y Member | General Public |
|-------------------|------|-----------|-----|----------|----------|----------|----------------|
| Tumble Superstars | HVY  | 4-6 years | M   | 10:15 AM | 11:00 AM | \$94     | \$186          |
| Tumble Superstars | HVY  | 4-6 years | M   | 6:15 PM  | 7:00 PM  | \$94     | \$186          |
| Tumble Superstars | HVY  | 4-6 years | M   | 12:15 PM | 1:00 PM  | \$94     | \$186          |
| Tumble Superstars | HVY  | 4-6 years | T   | 11:15 AM | 12:00 PM | \$101    | \$200          |
| Tumble Superstars | HVY  | 4-6 years | T   | 4:15 PM  | 5:00 PM  | \$101    | \$200          |
| Tumble Superstars | HVY  | 4-6 years | W   | 6:15 PM  | 7:00 PM  | \$101    | \$200          |
| Tumble Superstars | HVY  | 4-6 years | TH  | 4:15 PM  | 5:00 PM  | \$101    | \$200          |
| Tumble Superstars | HVY  | 4-6 years | F   | 11:15 AM | 12:00 PM | \$101    | \$200          |

## YOUTH RECREATIONAL GYMNASTICS

### GIRLS GYMNASTICS (AGES 6-17 YEARS)

Classes are geared towards both beginner and intermediate gymnasts. They will learn skills in all four events, balance beam, floor, bars and vault. Girls who are 6 years old and are brand new to gymnastics are encouraged to register for Tumble Superstars as the prerequisite class before entering Girls Gymnastics.

### Heart of the Valley YMCA

| Class name               | YMCA | Age         | Day | Start   | End     | Y Member | General Public |
|--------------------------|------|-------------|-----|---------|---------|----------|----------------|
| Girls Gymnastics         | HVY  | 6-9 years   | M   | 5:05 PM | 6:05 PM | \$128    | \$273          |
| Girls Gymnastics         | HVY  | 6-9 years   | T   | 4:00 PM | 5:00 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | T   | 5:05 PM | 6:05 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | T   | 6:10 PM | 7:10 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | W   | 4:00 PM | 5:00 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | W   | 5:05 PM | 6:05 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | TH  | 4:00 PM | 5:00 PM | \$137    | \$284          |
| Girls Gymnastics         | HVY  | 6-9 years   | TH  | 5:05 PM | 6:05 PM | \$137    | \$284          |
| Girls Gymnastics 10 & Up | HVY  | 10-17 years | M   | 6:10 PM | 7:10 PM | \$128    | \$273          |
| Girls Gymnastics 10 & Up | HVY  | 10-17 years | T   | 7:15 PM | 8:15 PM | \$137    | \$284          |

### **GIRLS GYMNASTICS OPEN WORKOUTS (AGES 6-17 YEARS)**

This Gymnastics Open Workout will give individuals an additional day to work on skills they may be struggling with. They can work independently or receive help from an instructor. If you are a member, please scan in at the front desk and if you are a non-member please show your program pass at the front desk. Open Workout for Girls Gymnastics and Advanced Gymnastics participants enrolled at the Heart of the Valley YMCA and are Saturdays from 9:00-10:00am. Open workouts will not be held on Saturday, November 7 or Saturday, November 28 or Saturday, December 19.

### **ADVANCED GYMNASTICS (AGES 6-17 YEARS)**

Classes are available for those that have mastered a pullover on bars, a back hip circle on bars, pre-handstand work on the balance beam, a bridge kick over and a round off on the floor. Instructor recommendation is required to move to an Advanced Gymnastics class.

#### **Heart of the Valley YMCA**

| Class name                  | YMCA | Age         | Day | Start   | End     | Y Member | General Public |
|-----------------------------|------|-------------|-----|---------|---------|----------|----------------|
| Advanced Gymnastics         | HVY  | 6-9 years   | M   | 4:00 PM | 5:00 PM | \$128    | \$273          |
| Advanced Gymnastics         | HVY  | 6-9 years   | W   | 6:10 PM | 7:10 PM | \$137    | \$284          |
| Advanced Gymnastics         | HVY  | 6-9 years   | TH  | 6:10 PM | 7:10 PM | \$137    | \$284          |
| Advanced Gymnastics 10 & Up | HVY  | 10-17 years | M   | 7:15 PM | 8:15 PM | \$128    | \$273          |
| Advanced Gymnastics 10 & Up | HVY  | 10-17 years | TH  | 7:15 PM | 8:15 PM | \$137    | \$284          |

### **GIRLS GYMNASTICS OPEN WORKOUTS (AGES 6-17 YEARS)**

This Gymnastics Open Workout will give individuals an additional day to work on skills they may be struggling with. They can work independently or receive help from an instructor. If you are a member, please scan in at the front desk and if you are a non-member please show your program pass at the front desk. Open Workout for Girls Gymnastics and Advanced Gymnastics participants enrolled at the Heart of the Valley YMCA and are Saturdays from 9:00-10:00am. Open workouts will not be held on Saturday, November 7 or Saturday, November 28 or Saturday, December 19.

### **COMPETITIVE GYMNASTICS TWISTERS GYMNASTICS TEAM – COMPETITIVE PROGRAM**

Friendships start here! Come learn to love the sport of gymnastics at the Y. Competitive Gymnastics helps youth value hard work, reach for excellence and enjoy spirited competition, all while making new friends, improving skills and being active at the Y! Pre-Team programs as well as competitive teams Level 2 and up are offered year-round. Youth are recommended by class instructors to join the pre-team and team programs. Invitations to pre-team and team are based on skill level and not based on age. Skill evaluations are also available upon request. For more information, please contact HVY's Gymnastics Director, Jenna Ly at 920.830.5716.

### **TUMBLING CLASS OFFERINGS**

The focus of these classes are floor related tumbling skills. This is a great progressive program for the child that prefers only floor or the athlete who is in dance or cheer and wants to further develop skills they can use for those activities.

#### **TUMBLING 1 (AGES 6-12 YEARS)**

This class is for the child who wants to concentrate on tumbling and floor exercise skills while improving coordination and flexibility. Tumblers will work on mastering cartwheels, backward rolls, handstands, and more!

### Fox West YMCA

| Class name | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|------------|------|------------|-----|---------|---------|----------|----------------|
| Tumbling 1 | FWY  | 6-12 years | TH  | 6:10 PM | 6:55 PM | \$101    | \$200          |

### TUMBLING 2 (AGES 6-12 YEARS)

This class is for children who have been moved up from their Y instructor from Tumbling 1. If your child has mastered the skills in Tumbling 1, and is ready to begin roundoffs, walkovers and more, this is the right class for them.

### Fox West YMCA

| Class name | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|------------|------|------------|-----|---------|---------|----------|----------------|
| Tumbling 2 | FWY  | 6-12 years | T   | 6:10 PM | 6:55 PM | \$101    | \$200          |

### TOTALLY TUMBLING (AGES 6-14 YEARS)

Perfect class for boys and girls who want to concentrate on only tumbling. This class uses a step-by-step approach to develop floor related skills. The skill level of the participants is evaluated on the first week of class. Skills taught throughout the session are dependent on the skill sets of those enrolled.

### Heart of the Valley YMCA

| Class name       | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|------------------|------|------------|-----|---------|---------|----------|----------------|
| Totally Tumbling | HVY  | 6-14 years | T   | 7:15 PM | 8:00 PM | \$101    | \$200          |
| Totally Tumbling | HVY  | 6-14 years | TH  | 7:15 PM | 8:00 PM | \$101    | \$200          |

### Fox West YMCA

| Class name       | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|------------------|------|------------|-----|---------|---------|----------|----------------|
| Totally Tumbling | FWY  | 6-14 years | W   | 6:10 PM | 6:55 PM | \$101    | \$200          |

## NINJA QUEST CLASS OFFERINGS

Explore movement through new skills and challenges. Improve agility, strength and balance in action packed obstacle courses. Ninja Quests combines tricking, gymnastics and obstacles courses for a fun adventure! Proper form and use of equipment will be taught and expected of all participants. Every child is challenged in a fun, safe, and positive environment.

### NINJA EXPLORERS (AGES 6-12 YEARS)

These classes are geared towards beginner ninjas.

### Heart of the Valley YMCA

| Class name                             | YMCA | Age         | Day | Start    | End      | Y Member | General Public |
|----------------------------------------|------|-------------|-----|----------|----------|----------|----------------|
| Ninja Explorers<br><b>NEW!</b>         | HVY  | 6-9 years   | M   | 7:15 PM  | 7:45 PM  | \$57     | \$112          |
| Ninja Explorers<br><b>NEW!</b>         | HVY  | 6-9 years   | M   | 7:50 PM  | 8:20 PM  | \$57     | \$112          |
| Ninja Explorers<br><b>NEW!</b>         | HVY  | 6-9 years   | W   | 7:15 PM  | 7:45 PM  | \$61     | \$120          |
| Ninja Explorers<br><b>NEW!</b>         | HVY  | 6-9 years   | F   | 12:15 PM | 12:45 PM | \$61     | \$120          |
| Ninja Explorers<br>10 & Up <b>NEW!</b> | HVY  | 10-12 years | W   | 7:50 PM  | 8:20 PM  | \$61     | \$120          |

## ACROBATIC ARTS CLASS OFFERINGS

Acrobatic Arts is a dynamic fusion that builds acrobatic skills with classic dance technique. Students will work on skills with a dance basis approach in the following areas: flexibility, strength, balancing, limbering, and tumbling. The AA program is progressive, with students starting at their skill level and moving up as skills are mastered.

### PRIMARY ACRO (AGES 4-6 YEARS)

These classes are geared towards beginner acro students.

#### Apple Creek YMCA

| Class name                  | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|-----------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Primary Acro<br><b>NEW!</b> | ACY  | 4-6 years | M   | 5:30 PM | 6:00 PM | \$64     | \$137          |

#### Fox West YMCA

| Class name                  | YMCA | Age       | Day | Start   | End     | Y Member | General Public |
|-----------------------------|------|-----------|-----|---------|---------|----------|----------------|
| Primary Acro<br><b>NEW!</b> | FWY  | 4-6 years | T   | 4:30 PM | 5:15 PM | \$101    | \$200          |

### ACRO LEVEL 1 (AGES 6-10 YEARS)

These classes are geared towards dancers or tumblers with some acrobatic skills.

#### Apple Creek YMCA

| Class name                  | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|-----------------------------|------|------------|-----|---------|---------|----------|----------------|
| Acro Level 1<br><b>NEW!</b> | ACY  | 6-10 years | M   | 6:00 PM | 6:45 PM | \$94     | \$186          |

#### Fox West YMCA

| Class name                  | YMCA | Age        | Day | Start   | End     | Y Member | General Public |
|-----------------------------|------|------------|-----|---------|---------|----------|----------------|
| Acro Level 1<br><b>NEW!</b> | FWY  | 6-10 years | T   | 5:20 PM | 6:05 PM | \$101    | \$200          |