



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLIP FOR FUN AT EVERY LEVEL

Whether your gymnast is just starting out or if they have been cartwheeling, balancing, and back-flipping for years, we have an opportunity for them at the Y! If you still have questions about which level is right for your gymnast, please contact our Gymnastics Department at melissa.freel@tcfymca.org or 616.842.7051 ext. 255.

BEGINNER 1:

An introduction to gymnastics! Gymnasts will become familiar with our gymnastics gym and equipment. Participants will learn cartwheels, forward and backward rolls, and many more beginner skills. No experience is necessary!

BEGINNER 2:

A FLIP up from Beginner 1! Gymnasts are required to complete a cartwheel to participate in Beginner 2. Participants will build upon Beginner 1 skills, as well as learn new skills, such as round-offs, handstands, vault skills, and more!

INTERMEDIATE 1:

At the Intermediate level, gymnasts should be close to completing, with light spots: a back bend from standing, round-offs on the floor, pullovers on the bar, cartwheel to handstand on the beam, and a donkey kick-up to handstand. Participants will refine and build upon these skills.

INTERMEDIATE 2:

A FLIP up from Intermediate 1! To participate in Intermediate 2, gymnasts are required to complete, with no spot: a handstand, back bend, as well as complete, with light to no spot: pullovers on bar, and a cartwheel to handstand on beam. Gymnasts will add back hip circles to pullovers and squat-ons.

ADVANCED:

Gymnasts are required to have COACH APPROVAL to participate in this level. Participants have mastered basic and intermediate gymnastics skills and are ready to move on to more advanced skills such as: back hand springs, forward tumbling, and new dismounts on beam, vault, and bars.