



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONFIDENCE TUMBLING SKILLFUL

## NEW! Tumbling Classes



Whether you are a competition dancer, gymnast, or cheerleader, you can all benefit from focused tumbling skills practice! The tumbling classes will focus on improving technique in motions, jumps, and tumbling.

Our cheer coach, Taylor, has a USASF Certification for level 4 tumbling and level 5 stunting. Taylor has coached many teams to National Championships in some of the biggest cheerleading competitions in the country. Taylor was a cheerleader for 14 years, cheering at Cheer Intensity All Stars, in high school and college. She has over 8 years of competitive cheerleading coaching experience, and we are lucky to have such a talented coach available to our community.

### Session 1 2019

Jan. 7– Feb. 16

(6 weeks)

**Mem. Registration: 12/23**

**Pub. Registration: 12/30**

Thursday 4:30–5:30pm

(ages 6–18)

Mixed Levels

ONEONTA FAMILY YMCA

20–26 FORD AVE ONEONTA, NY 13820

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