



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TECHNIQUE TUMBLING SKILLFUL

## NEW! **Tumbling Class**

**Session 2 2019**

**Feb. 25– Apr. 13**

**(7 weeks)**

**Mem. Registration: 2/11**

**Pub. Registration: 2/18**

**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.**

**Thursday 4:30–5:30pm  
(ages 6–18)  
Mixed Levels**



ONEONTA FAMILY YMCA

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