



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



TRACKING ACHIEVEMENT

Gymnastics Programs

YMCA OF SAN DIEGO COUNTY

Our goal is to provide a safe, fun and encouraging environment for our community to learn gymnastics, build confidence and make new friends. With programs for children as young as 15 months to adults, the Y offers inclusive gymnastics programs for all.

From parent/child classes to competitive teams, recreational classes to specialty classes such as parkour and tumbling – the path provided guides gymnasts in their progression no matter how far they choose to go!

Experienced coaches carefully developed our curriculum with progressive skills that allow gymnasts to advance through each level safely.

1 Preschool & Recreational (15 months to 17 years old)

- 1. Parent/Child ↓
- 2. Preschool ↓
- 3. School Aged ↓



2 Teams (6 years old and up)

- Boys Competitive Teams
- Girls Competitive Teams
- Co-ed Competitive Teams



★ Specialty Classes (3 years old and up)

- Parkour
- Tumbling
- Cirque
- Adult
- And More

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

Y Gymnastics Developmental Path

The YMCA offers a path for all gymnasts to grow and advance their skills. Starting from just 15 months to our competitive teams, we have a structured curriculum that will not only help your gymnast grow but thrive.

1 Preschool & Recreational

1. Parent/Child Developmental Gymnastics



PARENT/CHILD
Ages 15 months - 2.9 years

TRANSITIONAL PARENT/CHILD
Ages 2.5-3.5



2. Preschool Gymnastics

PRESCHOOL GYMNASTICS
Ages 3-5

HOTSHOTS 1
Ages 3-4

HOTSHOTS 2
Ages 4-6

HOTSHOTS 3
Ages 4-6



3. School-Aged Gymnastics

BEGINNER
Ages 5 and older

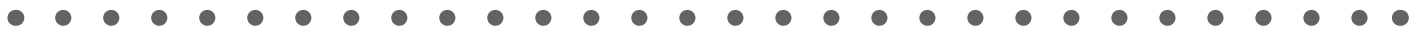
LEVEL 1
Ages 5 and older

LEVEL 2, 3
Ages 6 and older

ADVANCED
NONCOMPETITIVE
Ages 6 and older

OR

PRE-TEAM
Ages 6 and older



2 Teams

GIRLS COMPETITIVE TEAMS
(USAG JUNIOR OLYMPICS)

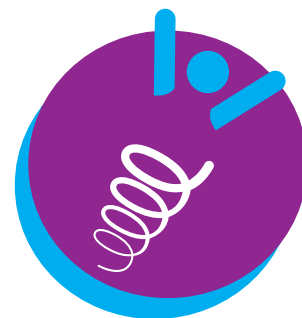
BOYS COMPETITIVE TEAMS
(USAG JUNIOR OLYMPICS)

XCEL

POWER
TEAM GYM

1 Preschool & Recreational

1. Parent/Child Developmental Gymnastics



PARENT/CHILD
Ages 15 months - 2.9 years



TRANSITIONAL PARENT/CHILD
Ages 2.5-3.5

Accompanied by a caregiver, children ages 15 months to 2.9 years learn to be comfortable in a gymnasium setting while setting the stage for a healthy lifestyle. This safe, fun and supportive environment allows your child to develop both physical and mental skills.

Parent/child: Caretakers and children actively participate in this introductory class together. Basic gymnastic fundamentals and class etiquette are developed through various skill-focused rotations and free playtime in a safe, fun and supportive environment to enhance motor development and hand-eye coordination allowing your child to develop both physical and mental skills.

Transitional parent/child: This class is for kids that are not quite ready to separate from their caregivers. As children become more independent, caregivers are encouraged to watch from the sideline. This class allows children to learn in a fun and safe environment and focuses on basic gymnastics fundamentals and improving physical, cognitive and language development. This class builds upon the skills learned in our Parent-Child class and enhances the skills learned in that class. Parents are required to stay in the vicinity should your child need one-on-one assistance.



2. Preschool Gymnastics

PRESCHOOL GYMNASTICS
Ages 3-5



HOTSHOTS 1
Ages 3-4

HOTSHOTS 2
Ages 4-6

HOTSHOTS 3
Ages 4-6

Preschoolers will increase their confidence as they transition into an independent class. While achieving basic gymnastic competency in a safe, fun and supportive environment, gymnasts will also enhance motor development and hand-eye coordination.

Preschool Gymnastics: Introduce your gymnasts to new skills on gymnastics equipment including trampoline, bars, beam and floor. Obstacle courses, parachutes, songs and other tools are used to develop balance, coordination, flexibility and strength through various skill-focused rotations.

Hotshots (coach evaluation required): Hotshots is an advanced preschool gymnastics class. This class is for 3-6 year olds that can already perform specific skills. In this class, children will work on skills to prepare them for Level 2 classes and above.

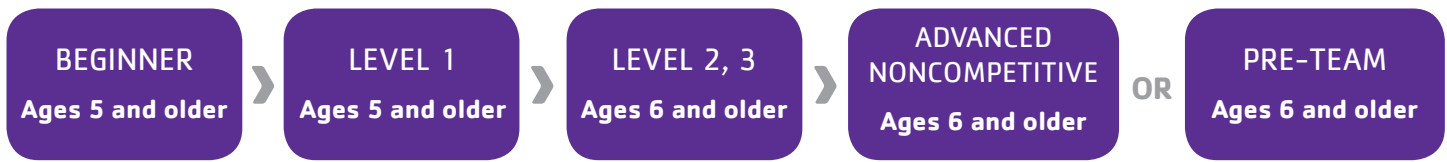
Vault: Springboard punch, straight jump to mat, hurdle, running arms

Bars: Pullover (any way), front support, cast, forward roll, skin the cat, tuck hold, chin hold

Beam: 1st and 5th ballet positions, lunge, walks (forward, side, backward, passe), pivot turn, straight jump, kicks, passe balance, jumps off beam to stick

Floors: Candlestick, splits, backwards roll, forward roll, handstand, cartwheel, bridge, forward chasse, skip, sit ups, tuck hold/arch hold

3. School-Aged Gymnastics



Gymnasts will increase confidence, strength and skill as they progress through our beginner, intermediate and advanced levels. Gymnastics skills and exercises are incorporated through the use of safe, fun and organized stations that increase social, emotional and cognitive well-being and foster a lifetime of physical activity.

BEGINNER CLASSES

Beginner gymnasts will learn proper technique and increase strength and flexibility while rotating through various equipment including vault, rings, bars, beam, floor equipment, p-bars and high bars. Coach evaluation required.

BOYS BEGINNER SKILLS

- Vault:** Run punch straight jump, jump to stick off block
- Rings:** 5 second chin hold, 5 second tuck hold, 5 swings, inverted hang
- Floor:** Pancake, push up hold, bridge, backward and forward roll down cheese, tripod
- P-Bars:** 5 second tuck hold, bear crawl, spotted support swings
- High Bars:** 5 second chin hold, skin the cat, support hold, pull over

GIRLS/CO-ED BEGINNER SKILLS

- Vault:** Springboard punches, straight jump to mat, hurdle, running arms
- Bars:** Pull over (anyway), front support, cast, forward roll, skin the cat, tuck hold, chin hold
- Beam:** First and fifth ballet positions, lunge, walks, pivot turn, straight jump, kicks, passe balance, jump off beam to stick
- Floor:** Candlestick, splits, backward roll, forward roll, handstand, cartwheel, bridge, forward chasse, skip, sit ups, tuck hold/arch hold

LEVEL 1 CLASSES

Expanding on skills learned in Beginners Gymnastics, participants will explore vault, rings, floor, p-bars and high bars and mushroom/pommel to increase comfort and familiarity. Coach evaluation required.

BOYS LEVEL 1 SKILLS

- Vault:** Sprint, tuck jump off block, run punch onto block
- Rings:** 2 pull ups, inverted hang to pike hang
- Floor:** Handstand, cartwheel, straddle to handstand, backward roll
- P-Bars:** 10 second tuck hold, horizontal swings, 3 pushups on paralettes, penguin walks
- High Bars:** 3 tuck ups, 3 swing regrip backward dismount, cast, pull up pull over spotted
- Mushroom/Pommel:** Straddle swings

GIRLS/CO-ED LEVEL 1 SKILLS

- Vault:** Straight jump to stacked mats, stationary HS flat back, vault shapes
- Bars:** Pull over (2 feet), back hip circle, shape holds, underwing dismount, multiple casts in a row, cast straddle sole circle dismount, assisted pull ups
- Beam:** Lever, pivot pivot, handstand, side handstand, passe releve, lock position, pike stand to needle kick tuck, side handstand from knee
- Floor:** Handstand, splits, cartwheel step in, hurdle cartwheel, assisted bridge kick over, 1 arm cartwheel, chasse to leg swing, split jump, candlestick straight jump, forward entry cartwheel, lever, power hurdle, hollow/arch hold



LEVEL 2 CLASSES

Intermediate gymnasts must be able to confidently perform beginner level equipment and floor routines while expanding skills on vault, rings, floor, p-bars and high bars. Coach evaluation required.

BOYS LEVEL 2 SKILLS

Vault: High knee runs, high skips, run punch onto large block

Rings: 5 horizontal swings, 3 second L hold/inverted pike straight to German hang, 3 pull ups

Floor: Pancake elbows, splits, cartwheel step in, bridge kickover with spot, backward roll to pike stand, straight arm forward roll

P-Bars: Support swings to dismount, 3 long hang swings, 10 second upper hang hold, straddle travel forward/backward

High Bars: 3 swing half turn, 1 pull up to tuck hold, 3 cats in a row, toe touch hold, pull over

Mushroom/Pommel: 4 circle positions, quarter circle

GIRLS/CO-ED LEVEL 2 SKILLS

Vault: Jump HS flat back to 16 inches and rezi, arm circle

Bars: Pull over (jump chin to bar), single leg cut forward and backward, basket swing, glide swing, multiple casts in a row to back hip circle, pull ups, tuck ups/half leg lifts

Beam: Lever, pivot pivot, front support mount, swing to push up position, side handstand, handstand, connected straight jumps, pike stand to kick

Floor: Backbend/back walkover, power hurdle round off, split jump, bridge kickover, heel snap turn, backward roll to pike stand, leap, quarter turn, backward roll to push up, cartwheel step in, straight arm backward roll to push up, handstand forward roll, hollow/arch hold, push ups

LEVEL 3 CLASSES

This prerequisite to advanced non-competitive builds on the foundation developed in previous levels to safely advance. Coach evaluation required.

BOYS LEVEL 3 SKILLS

Vault: Long spring to punch straight jump stick, 1 step reverse punch with arm circle

Rings: 3 turn over swings, 2 pullups over to L, 5 second straight body support, inverted pike straight German to pull out

Floor: Pancake with forehead on, power hurdle round off, backward roll with straight, back handspring over pacman

P-Bars: 3 long hang swings to 3 upper arm swings, handstand on paralettes, eight second L support, support swings to rear

High Bars: 5 tap swings, cast back hip circle, 3 glide swings, cast undershoot, hanging pull over

Mushroom/Pommel: 3 bucket circles, full mushroom circle

GIRLS/CO-ED LEVEL 3 SKILLS

Vault: HS flat to back rezi, accelerated running, FHS over rezi sideway

Bars: Glide swing, pull up pull over, shoot through, mill circle, back hip circle under swing, cut back, 2 back hip circles, squat on dismount, front hip circle, pull ups, leg lifts

Beam: Mount, leap, handstand, heel snap turn, side handstand twist off, split jump, arabesque/scale

Floor: Round off to back/rebound, straight jump split jump, backward roll to pushup, chasse leap, bridge to stand, handstand forward roll, side kicks, handstand to bridge kick over, splits, half turn, handstand hold against wall, tuck/v ups

BOYS AND GIRLS ADVANCED NONCOMPETITIVE (COACH EVALUATION REQUIRED)

This class is for gymnasts that do not want to perform in competitions but wish to keep learning high level gymnastics skills.

BOYS AND GIRLS PRE-TEAM

This is a class that prepares you to join our competitive gymnastics teams. Pre-team gymnastics is designed for gymnasts who have the ability to train specifically for teams and are ready to commit to training at a competitive level. Pre-team participation is a great way to see if structured competitive gymnastics may be right for your family and your gymnast. All pre-team classes will evaluate flexibility, skill level, form and level of dedication. This is a class that prepares you to join our competitive gymnastics teams. There are 4 hours of mandatory practice every week, separated in two days.

2 Teams

GIRLS COMPETITIVE TEAMS
(USAG JUNIOR OLYMPICS)

BOYS COMPETITIVE TEAMS
(USAG JUNIOR OLYMPICS)

XCEL

POWER
TEAM GYM

Our competitive teams provide a supportive environment that builds healthy bodies and strong minds. Gymnasts successfully compete against private clubs and YMCAs in San Diego County. We have had state, regional and national qualifiers as well as collegiate-level athletes. Our competitive level has girls teams (JO and Xcel), boys teams and coed (Power Team).

GIRLS COMPETITIVE TEAMS (USAG Junior Olympics)

The Junior Olympics program has two distinct competitive programs, compulsory and optional. In compulsory gymnastics, athletes perform the same routines, unique to each event. These routines were chosen by United States Gymnastics Association to develop a strong foundation in comprehensive gymnastics basics, strength and flexibility. Optional gymnastics is more advanced and allows gymnasts to perform unique routines on each event. The Y offers Junior Olympics gymnasts competition Levels 4 – 10. Participation on the Junior Olympics team is a year-round commitment and all kids must be enrolled in auto-pay for their monthly tuition. Competition fees and uniforms are an additional cost.

XCEL

The Xcel program has five levels: Bronze, Silver, Gold, Platinum and Diamond. Girls compete at the level that matches their skill set. Participation on the Xcel team is a year-round commitment. Competition fees and uniforms are an additional cost.

BOYS COMPETITIVE TEAMS (USAG Junior Olympics)

The boy's team is by invitation only and is intended to build skills, talent and drive to progress in a competitive setting for boys. Our competitive level starts at level 4 and goes all the way to Elite. Participation in the boy's team is also a year-round commitment and evaluation is required. Competition fees and uniforms are an additional cost.

POWER TEAM GYM

Power Team Gym is for athletes of all ages to compete together as a group of 6 to 12. Various gymnastics equipment is used such as the floor, mini-trampoline, spring board, and vault. A synchronized floor routine is performed consisting of tumbling passes and partner tricks. Power Team Gym allows every gymnast to participate in the sport at a competitive level.

Participation in the Power Team Gym is also a year-round commitment. Competition fees and uniforms are an additional cost.

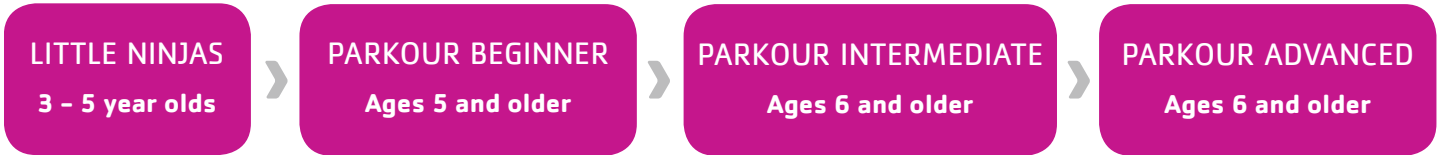




Specialty Classes

The YMCA's specialty classes offer advanced instruction in specific areas of gymnastics. These classes are separate from the Y's Gymnastics progression path but feature advancement in most categories with individual paths.

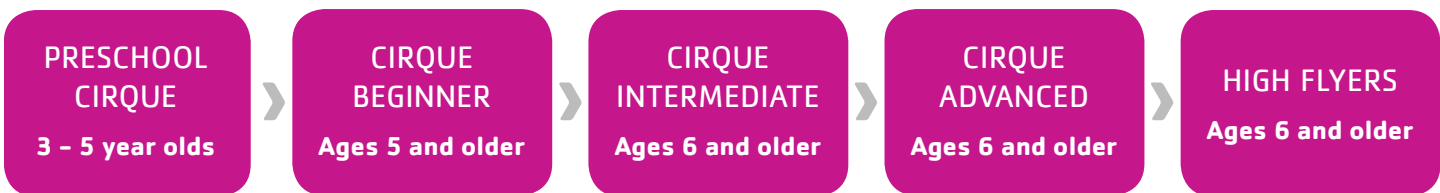
PARKOUR



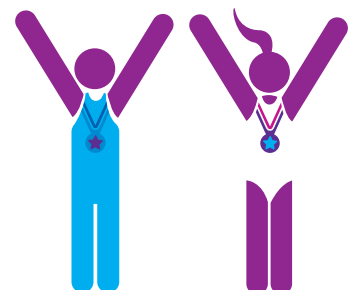
TUMBLING



CIRQUE



TRAMPOLINE AND TUMBLING



PARKOUR

LITTLE NINJAS
3 - 5 year olds

PARKOUR BEGINNER
Ages 5 and older

PARKOUR INTERMEDIATE
Ages 6 and older

PARKOUR ADVANCED
Ages 6 and older

Our Parkour classes teach skills like vaulting, precision jumps, flips, climbing techniques and more. These skills are used together to move through all sorts of environments. Students learn to break down more complex movements and concepts into more simple steps for progress. Not only does this condition the body to adapt, but also trains the mind to look at the physical world in a whole new way.

LITTLE NINJAS

Designed to match a preschooler's boundless energy, Little Ninjas focuses on coordination, speed and balance while enhancing motor development and eye-hand coordination. Rotations on various gymnastics equipment teach children to run, vault, climb and roll over obstacles.

PARKOUR BEGINNER

Gymnasts will learn to safely maneuver through their environment in fun and creative ways using parkour techniques. This class teaches participants how to use their body and mind to overcome any obstacle they face. Students will build their agility, confidence, strength and flexibility in skill-focused rotations while learning to run, vault, flip, climb and roll over obstacles.

Floor Work: Barrel roll, shoulder roll (both sides), back roll, quadruple movement, floor kong, army crawl, handstands, frog landing, plyometric jumps, strides, precision jumps, ghost steps.

Bar Rotation: Swing re-grab, swing back dismounts, casts from support, shimmy across bar, pull up hold for 3 seconds, hanging glide position, swinging forward dismount, dive roll over low bar.

Wall: One and two run up wedge mat, run up box, hold a support position for 3 seconds, tic-tac, run across wall, hold a cat position on wall for 5 seconds tic-tac on box, climb down from box

Vaults: Safety vaults, palm spin on edge of block, obstacle course climbing blocks, donkey kick on a small block, kong up and push ups.

Conditioning Drills: Assisted pull ups

PARKOUR INTERMEDIATE

Expanding on the techniques learned in Beginner Parkour, gymnasts will learn to safely maneuver through their environment in fun and creative ways using parkour techniques. Students will increase their agility, determination, strength and flexibility in skill focused rotations. Coach evaluation required.

Floor Work: Barrel roll, shoulder roll, back roll, quadruple movement, floor kong, army crawl, handstands, frog landing, plyometric jumps, strides, precision jumps, ghost steps

Bar Rotation: Swing re-grab, swing back dismounts, cast from support, shimmy across bar, pull up hold, ganging glide position, swimming forward dismount, dive roll over low bar

Wall: Run up wedge mat, run up box, hold support position, tic-tac, run across wall, hold cat position on wall, tic-tac on box, climb down from box

Vaults: Safety vaults, palm spin on edge of block, obstacle course climbing block, donkey kick on small block, kong up, push ups

Conditioning Drills: Assisted pull ups

PARKOUR ADVANCED

Further refine the techniques learned in Intermediate Parkour to develop advanced skills in Parkour. Coach evaluation required.

Floor Work: Dive rolls, handstand holds, walk on rails

Bar Rotation: Pull over, glide, negative pull ups, pull ups, walk on bar hip height

Wall: Run up two stacked boxes, tic-tac on shoulder height box, safety vault down a box, sitting dash of box

Vaults: Kong up or through

Conditioning Drills: Box jumps and pull ups

TUMBLING

TUMBLING BEGINNER

Ages 7 - 17



TUMBLING INTERMEDIATE

Ages 7 - 17



TUMBLING ADVANCED

Ages 7 - 17

Our tumbling classes teach students techniques that reduce stress on joints while providing step-by-step instruction on how to create and maintain momentum to help increase a student's power, safely, while tumbling. Like other forms of gymnastics, tumbling fosters physical strength, flexibility and stamina.

TUMBLING BEGINNER

Gymnasts will begin to learn technique and form to perform skills safely. This class has no prerequisites and is geared towards athletes with little to no previous tumbling experience.

Skills Learned: Forward roll, backward roll, handstand, cartwheel, round off, bridge kick-over, back walkover.

TUMBLING INTERMEDIATE

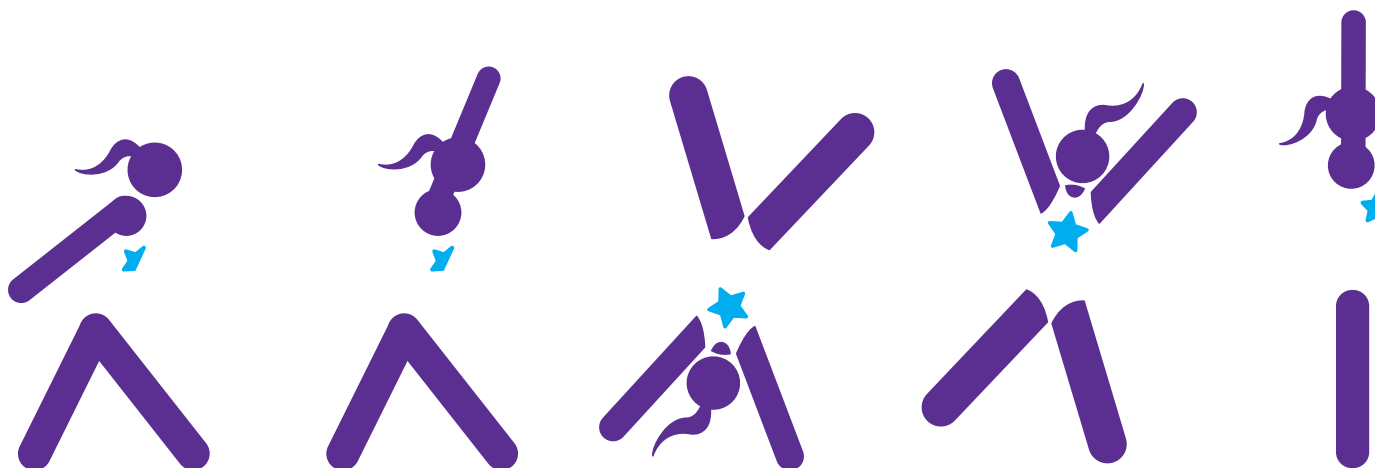
Gymnasts continue to work on the basics as well as intermediate skills of gymnastics on each apparatus. They will continue working on their flexibility, technique and strength needed to progress into more difficult skills needed for more advanced tumbling. Coach evaluation required.

Skills Learned: Back handspring, round off back handspring, front walk over, front handspring

TUMBLING ADVANCED

Students will spend time working on strength and tumbling drills that will help them get one step closer to better tumbling. Coach evaluation required.

Skills Learned: Aerial, front tuck, back tuck, round off back handspring/back tuck layout, front handspring front tuck



CIRQUE



Cultivate your aspiring acrobats' strength, body awareness and confidence in our cirque classes. Students will dive into skill work on the trapeze, fabric, hand balancing, partner work and object manipulation to build a strong foundation in technique and artistry while encouraging creative expression.

PRESCHOOL CIRQUE

Introduce your little acrobat to the world of Cirque while focusing on coordination, flexibility, strength and balance and enhancing motor development and hand-eye coordination. Rotations on various equipment teach children beginning cirque techniques such as aerial and ground skills as the building blocks for higher level trick development.

CIRQUE BEGINNER

Students will dive into skill work on the trapeze, fabric, hand balancing, partner work and object manipulation to build a strong foundation in technique and artistry while encouraging creative expression.

Slip Knot: Upside down straddle to drop to cross, straddle hook one leg to single stag scorpion, diaper toll drop, double straddle drop, gazelle, thread the needle, candy cane, x box

Single Foot Tie: Single foot tie on ground and air, cocoon, pike hang to split, arch forward, candy cane, sail and gazelle

Double Foot Tie Tricks: Double foot close to the ground with assistance, splits both sides, upside down straddle, prayer pose

Drop Prep Skills: Straddle ups on the ground, star from the ground, upside down criss cross, hip key from the ground

Other: Regular climb, Russian climb, wrist locks, wrist locks to bird nest, running wings, tornado spin

CIRQUE INTERMEDIATE

Expand on the fundamentals built in Beginner Cirque with a focus on growing technique, conditioning, and broadening creative expression. Acrobats continue work on trapeze, fabric, hand balancing, partner work, and object manipulation while expanding vocabulary in acrobatics, aerial, juggling and working to increase stamina, strength and flexibility. Coach evaluation required.

Slip Knot: Upside straddle, double diaper roll, straddle slide

Single Foot Tie: Tipping split, jesus pose, gazelle to split turn out, scarf arabesque, tahitti

Double Foot Tie: Split (both sides), split roll, upside down straddle to standing angle, upside down ankle push to arch, uneven double foot tie, uneven double foot tie to L stand

Drop Prep Skills: Straddle up in the air alternating sides, star slide, opposite slide star, hip key in the air, hip key drop prep, upside down criss cross, waterfall, figure 8 ankle drop, slack drop

Other: Wrist lock to thread the needle

CIRQUE ADVANCED

Expanding on the skills learned in Intermediate Cirque, acrobats continue to expand their skills and focus on independent, pair and group work to increase fine techniques. Coach evaluation required.

Climbs: Knee climb, Russian knee climb, upside down climb, same side knee climb

Single Foot Tie: Single leg drop upside down sail, crossed legs upside down hang, bow and hang

Double Foot Tie: Both side splits, straddle slack drop, upside down straddle cocoon split, uneven double foot tie to L side T pose

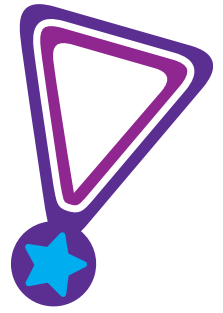
Drop Prep Skills: Straddle ups in the air alternating sides, hip key drop to front flip mummy or split, star drop, star drop with pike over, flip flop drop, flip flop star drop, big drop double star, feeding roll

Other: Wrist lock to meat hang

HIGH FLYERS

Climb, spin and fly on the silks! Begin on the ground with basic climbing, foot and hand locks. Then take to the air to flip, drop and descend. Music, choreography, strength and flexibility are also large components of this program.

TRAMPOLINE AND TUMBLING (TNT)



Our trampoline classes are designed to help develop and progress from basic to more advanced skills on trampoline as well as in tumbling. This class will facilitate skill development as well as body and air awareness through work on trampolines and floor.

TNT

Trampoline: Straight jumps with arms circles, tuck slide, straddle slide, pike slide, seat drop 1/2 stand up, doggy drop, seat doggy stomach drop to feet, back drop to dead bug position, seat doggy forward roll, straight jumps with arms circles, tuck slide straddle slide, pike slide, swivel hips, stomach drop from stand back to feet, airplane to throw mat, back drop back to feet, back drop pullover, full jump turn

Tumbling: Forward roll, backward roll, 3/4 handstand, cartwheel, bridge kickover, handstand against wall, forward straddle roll, backward straddle roll, lunge handstand lunge, lunge round off, backbend kick over on ground, back handspring drills

Tumble Track: Straight jumps forward, straight jumps backward, tuck slide, straddle slide, pike slide, seat drops to stand arms up, donkey kicks, tumbling skills on trampoline, straight jumps forwards and backwards, straddle drops to stand arms up, donkey kicks continuous, 3 straight jumps dive roll at end, lunge round off, power hurdle round off

Mini Trampoline: Run jump straight jump/tuck/straddle/pike slide to mat or pit, run jump 1/2 jump to mat or pit, run jump roll to resi pit mat, edge of pit jump forward roll, continue working tuck straddle, pike, run jump flip to resi pit mat, run jump flip to pit, edge of pit jump front flip, block mini tramp to pit jumps

Conditioning rolls: Jumping up and over panel mats, jump up and down on panel mat fast, squat jumps across floor, hollow hold, arch holds

TNT PRE-TEAM

TNT Pre-Team is a class for kids that have advanced through all TNT skill levels and want to train for the competitive level.

ADDITIONAL SPECIALTY CLASSES:

The Y offers additional specialty focuses that help gymnasts of all ages pursue their ambitions. From home school programs to cheer, the Y has a path for you to grow in your ambitions.

PARKOUR HOMESCHOOL

GYMNASTICS HOMESCHOOL

CHEER

RHYTHMIC GYMNASTICS

ADULT GYMNASTICS

ADAPTIVE GYMNASTICS

TEEN GYMNASTICS