

<b>Character Development</b>			
Listens and Follows Instructions			
Waits his / her turn			
Stretching with group			



**Southeastern Indiana YMCA**  
 30 State Road 129 S  
 Batesville, IN 47006  
 (812) 934-6006

YMCA Mission:  
 To put Christian Principles into practice  
 through programs that build healthy  
 spirit, mind, and body for all.

**YGYMNASTICS™**  
 We build strong kids, strong families, strong communities.

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\_\_\_\_\_  
 Name

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 Telephone

## Attendance

Wk 1

Wk 2

Wk 3

Wk4

Wk5

Wk 6

Wk7



FLOOR exercises	Completed	Incomplete
Know Positions		
Forward Roll		
Back Roll (incline) with help		
Cartwheel Progression		
Table Tops		
Spider		

BARS exercises	completed	incomplete
Swinging (5 Times)		
Skin the Cat		
Walk Hands Across Bar with help		
Front Support Hold (10 Seconds)		
Show positions while hanging on rings		
Hang On High Bar		

BEAM exercises	Completed	Incomplete
Walking Forward (High Beam)		
Walking Backward (High Beam)		
Walking Sideways (High Beam)		
Hops		
Dips		
Bear Walk		
Forward roll on red beam with help		