

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



**Southeastern Indiana YMCA**  
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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
Cartwheel progression (kicking over instead of jumping over)		
Bridge with Head off Floor		
Forward Roll (tuck, Pike, Straddle)		
Back Roll on Incline with help		
Spider (10 second Hold)		
Know Positions		

BARS exercises	Completed	Incomplete
Walk Hands Across High Bar		
Swing 3 Times		
Hanging Straddle, Pike, Tuck		
Pull Over With Help		
Front Support (5 seconds)		
Forward Pike Roll		
Skin the Cat		
Swing on Rings & show positions		

BEAM exercises	Complete	Incomplete
Walking Forward (High Beam)		
Walking Backward (High Beam)		
Dips		
Kicks		
Arabesque		
Mount High Beam		
Bear Walks		

