

VAULT exercises	Complete	Incomplete
Hurdle onto Board, Tuck, Jump Off onto blue mat		
Squat on		
Jump 1/2 Turn off Vault		

<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.

**L  
E  
V  
E  
L  
4**



\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Telephone

## Attendance

Wk 1

Wk 2

Wk 3

Wk4

Wk5

Wk 6

Wk7

FLOOR exercises	Completed	Incomplete
Round off (progression)		
Cartwheel Straight Legs		
Back Roll on ground		
Handstand against mat		
Bridge Kick Over (incline) with help		
Bridge (head off floor)		
10 Squat Jumps		

BARS exercises	Completed	Incomplete
Skin the cat on rings		
Swing Pike, Straddle, Tuck on rings		
Swing on High Bar with Good Form		
Pull Over With Little Help		
Front Support & Stem Rise		
5 Tuck Ups		
Swing 1/2 Turn		

BEAM exercises	Complete	Incomplete
Forward roll on medium beam		
Toe Turn		
Duck Walk		
Squat turn		
Stretch Jump Dismount		
Round Off Dismount with help		
Jump 1/2 Turn off Beam		

