

VAULT exercises	Comp.	Incomp
Hurdle onto Board, Tuck, Jump Off / straddle		
Straddle On		
Jump 1/2 Turn off Mats		



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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

 Telephone

Attendance

Wk 1

Wk 2

Wk 3

Wk4

Wk5

Wk 6

Wk7

FLOOR exercises	Complete	Incomplete
One-Arm Cartwheel		
Round Off		
Back Handspring w/help (incline)		
Handstands		
Bridge Kick Over on incline		
Bridge (one leg up)		
15 Squat Jumps		

BARS exercises	Complete	Incomplete
Pull Overs		
3 Big Cast		
Back Hip Circle With Help		
Climb to High Bar		
Straight body upside down on rings		
10 Tuck Ups		

BEAM exercises	Complete	Incomplete
Cartwheel on Red Beam		
Jump 1/2 Turn off Beam		
Candlestick		
Round Off Dismount		
Forward Roll on Medium beam		

