



**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	Complete	Incomplete
Running Round Off Rebound		
Back Handspring w/help (Incline)		
Front Limber		
Back Limber		
Handstand Forward Roll		
Front Handspring off Board		
Back Walk Over with help		
Front Walk Over with help		

BEAM exercises	Complete	Incomplete
Cartwheel on Med Beam		
Jump 1/2 Turn off Beam		
Forward Roll With Help on High Beam		
Round Off Dismount		
One-Arm Round off - dismount with help		

BARS exercises	Complete	Incomplete
Pull Overs		
3 Big Cast		
Back Hip Circle With Help		
Climb to High Bar		
Straddle Dismount with Help		
2 pull-ups		
Squat on w/ help		

