



**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
Round Off Back Handspring with help		
Back Handspring on Floor		
Handstand 1/2 turn		
Back Walk Over		
Front Walk Over		
Single Leg Squats		

BEAM exercises	Complete	Incomplete
Cartwheel on High Beam		
Forward Roll on High Beam		
One-Arm round off— dismount with help		

BARS exercises	Complete	Incomplete
Squat on		
3 Big Cast		
Back Hip Circle		
Windmill with help		
Sole Circle Dismount		

