

SOUTH YMCA

TUMBLING & CHEER

Effective 9/4/18—12/21/18

MONTHLY TUMBLING	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
BEGINNER	6+	45 min				5:30P		11:15A	
INTERMEDIATE	6+	45 min				5:30P		11:15A	
ADVANCED	6+	45 min				7:15P			

CHEER ACADEMY

Available at Andover YMCA

Contact the Dance and Gymnastics Director for more information: elizabeth.apollo@ymcawichita.org/316-776-8267

PROGRAM FEES:

Monthly **\$27/mo**
Private **\$20** per 30-min session
Semi-private **\$15** per person, 30-min session

NOTE Holiday Schedules: Classes will not take place on the following dates: Sept. 3*, Oct. 31 (after 3pm), Nov. 22-23, Dec. 22-31*

*Sessions impacted by this holiday meet fewer than four times this month. Fees will be prorated for the reduced class schedule.

CHEER & TUMBLING CLASS ATTIRE:

Girls may wear leotards or athletic attire. Hair pulled back or in a ponytail.

Boys may wear a t-shirt & shorts. Please no long pants, gum, or jewelry.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHOW YOUR SPIRIT TUMBLING & CHEER

2

ACADEMY

1

MONTHLY

- Introductory classes teach age-appropriate skills the techniques of tumbling, stunting and cheer
- Classes meet once per week
- One month commitment - sign up monthly for ages 6 and up

Classes offered: Tumbling in Beginner, Intermediate and Advanced

- Master skills in the fundamentals - motion techniques, jumps, stunts, cheers and chants.
 - Develop confidence and team building skills
 - Performance showcase opportunity
 - For ages 4 & up
 - Online enrollment not available, visit your local YMCA to register
- Classes offered: Pre-Cheer, Levels I & II and Teen

MONTHLY CLASSES

Register online or at any Y location

TUMBLING | ages 6 & up | 45-min class

Explore the fundamentals of tumbling, advancing from rolls to round-off back handsprings and back tucks. Your child can advance to the next level once they master the given skill sets. Your child will enjoy a safe and encouraging environment as they build confidence in being a successful tumbler.

BEGINNER - No prior tumbling experience required

INTERMEDIATE - Must master back walkover & roundoff prior to enrollment.

ADVANCED - Must master front handspring & back handspring prior to enrollment.

PRIVATE LESSONS | ages 3 & up | 30-min session

The Y offers private/semi-private lessons tailored to individual needs and ability. Ask your Director for more information.

CHEER ACADEMY | ages 4 & up

Master skills in the fundamentals of cheerleading, including motion techniques, jumps, stunts, cheers and chants. Based on a multi-month curriculum, including a performance showcase. Class fees payable via bankdraft.

Ages are guidelines for academies, placement based on skill.

PRE-CHEER ages 4-5 | 45-min class

CHEER LEVEL I ages 6-7 | 60-min class

CHEER LEVEL II ages 8-11 | 60-min class

TEEN ages 12+ | 60-min class

Did you know the Y serves more than 116,000 area kids? We believe in helping kids be more confident, active and engaged in life.

