

GYMNASTICS & TUMBLING

Effective 01/01/2019-05/01/2019

| MONTHLY GYMNASTICS | AGES | TIME | MON | TU | WED | TH | FR | SA | SU |
|--|-------------|-------------|------------|-----------|------------|-----------------|-----------|-----------|-----------|
| JUST 2's Parent Participation Req'd | 2 | 30 min | | 6:00P | 5:30P | 10:00A | | | |
| JUST 3's | 3 | 30 min | | 5:30P | | 10:30A | | 9:45A | |
| PRESCHOOL | 4-5 | 45 min | 5:30P | | | 11:00A 6:25P | | 9:30A | |
| YOUNG BEGINNER | 6-7 | 60 min | 6:25P | | 7:00P | 7:15P | 5:30P | 10:25A | |
| BEGINNER | 8+ | 60 min | 7:35P | | 7:00P | | 5:30P | 11:35A | |
| TUMBLING BEGINNER | 6+ | 45 min | | | | 6:30P | | 11:15A | |
| TUMBLING INTERMEDIATE | 6+ | 45 min | | | | 6:30P | | 11:15A | |
| TUMBLING ADVANCED | 6+ | 45 min | | | | 7:15P | | | |
| PARENT PARTICIPATION GYM & SWIM | 1-3 | 75 min | | | | | 11:45A | 10:15A | |
| PRESCHOOL GYM & SWIM | 3-5 | 75 min | | | | | 12:15P | 10:45A | |
| SCHOOL AGE GYM & SWIM | 6+ | 75 min | | | | | | 10:15A | |

GYMNASTICS ACADEMY

| | | | | | | | | | |
|----------------------|-----|--------|-------|-------|-------|-------|-------|--------|--|
| NEW! PRE-GYM ACADEMY | 3-5 | 60 min | | 5:30P | | 5:30P | | | |
| LEVEL I | 6+ | 60 min | 6:00P | 6:30P | 6:00P | | 5:30P | 11:15A | |
| LEVEL II | 6+ | 60 min | 7:00P | | | 6:30P | | 12:15P | |
| LEVEL III | 6+ | 60 min | | | | | | | |

SOUTH GYMCATS GYMNASTICS TEAM - Tryouts will take place in May 2019.

Contact the front desk at 316-942-5511 with questions!

GYMNASTICS FEES:

- Monthly** **\$27/mo**
- Academy** **\$35/mo** 1 class/week
- \$70/mo** 2 classes/week
- Team** **Varies** contact the director
- 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: January 1, April 21*, May 27*

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

GYMNASTICS ACADEMY ATTIRE:

GIRLS may wear leotards. Please **no** tights, socks, or skirts. BOYS may wear a t-shirt & shorts. Please **no** long pants. NO gum or jewelry.

TUMBLING CLASS ATTIRE:

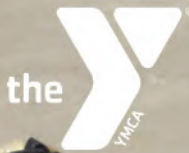
GIRLS may wear leotards or athletic attire. Hair pulled back or in a ponytail. BOYS may wear a t-shirt & shorts. Please **no** long pants. NO gum or jewelry.

GYM & SWIM COMBO CLASS

- Parent Participation: 1-3 yrs**
- Preschool: 3-5 yrs**
- School Age: 6+ yrs**

Don't miss a great opportunity for your child to experience the fun on land and in the water!
 30-min. gymnastics fundamentals (gymnastics center)
 15 min. transition to pool
 30-min. water safety and swim techniques (pool)

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 Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS & TUMBLING

STRETCHING LIMITS.

ANOTHER REASON Y.



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TEAM

- For the gymnastic enthusiasts that want to take it to the next level
 - Advanced skills will be developed, and gymnasts will learn about the competitive side of Gymnastics
 - USAG curriculum used, and competitive teams will compete in USAG and AAU meets
 - Your gymnast will grow into a well-rounded athlete
 - Invitation only. Contact your Dance Director for class times/frequency/fees
 - Yearly commitment
- Pre-Team meets 1x or 2x a week. Gymnastics Tryouts required at the competitive team level.

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ACADEMY

- Progress faster with gymnastics technique based on the Women's Junior Olympic Gymnastics Program
- Pre-Gym Academy and Levels I-III offered based on progression of skills
- Improve flexibility, conditioning, and basic skills in all four Olympic events
- Classes meet 1 or more times per week
- Multi-month commitment
- Online enrollment not available, visit your local YMCA to register

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MONTHLY

- Get started learning age-appropriate skills and fundamentals, while developing an appreciation for the sport.
- Boys are welcome in all classes
- Curriculum repeats each month to reinforce skills
- Monthly progress reports
- Classes meet once per week
- One month commitment
- Ages 2 and up

MONTHLY CLASSES

Register online or at any Y location

JUST 2s | age 2 | 30-min class

Your toddler will love this energetic class learning gymnastics skills and how to work together in a group. Parent participation required.

JUST 3s | age 3 | 30-min class

This is your gymnast's first independent class where they continue to develop gymnastic skills and discover the fun of gymnastics.

PRESCHOOL | ages 4-5 | 45-min class

This class will allow your gymnast to focus on their coordination and body control while using balance beam, vault, floor, and bars.

YOUNG BEGINNER | ages 6-7 | 60-min class

All basic skills on floor, beam, vault, and single bar will be taught to your budding gymnast.

BEGINNER | ages 8 & up | 60-min class

Your gymnast will progress to intermediate skills on balance beam, vault, floor and bars. Class starts with the basics and progresses to intermediate skills.

BOYS GYMNASTICS

Boys are welcome in any monthly or academy class, Andover YMCA, and Northwest YMCA offer a Level I & II class specifically for boys.

TUMBLING | ages 6 & up | 45-min class

Explore the fundamentals of tumbling, advancing from rolls to back tucks.

BEGINNER - No prior tumbling experience required.

INTERMEDIATE - Must master back walkover & roundoff to enroll.

ADVANCED - Must master front & back handspring to enroll.

GYMNASTICS ACADEMY

PRE-GYM ACADEMY | ages 3-5 | 60-min class

Learn foundational gymnastics skills at a progressive rate for pre-school aged youth.

LEVELS I-III | ages 6 & up | 60-min class

This is an achievement-oriented program of basic skills and progressions. To advance to the next level, gymnasts should have 75% proficiency on each Olympic event (Vault, Bars, Beam, and Floor). Also includes flexibility and conditioning in order to ensure a safe and successful experience.

GYMNASTICS TEAM

Your gymnast will learn the fundamentals of the sport while building lasting relationships with teammates. Contact the coach for details. Teams are available at Andover, East, Northwest and South YMCAs.

PRE-TEAM - Invitation only. Class prepares gymnasts for competition-level skills. When prepared, they advance to team.

COMPETITIVE AAU/TEAM USAG - Invitation only. Levels 1-7 compete in sanctioned AAU and/or USA Gymnastics meets.

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

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

FINANCIAL ASSISTANCE

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-base financial assistance are available at ymcawichita.org or any YMCA location.