

# EAST YMCA GYMNASTICS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONTHLY GYMNASTICS	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
JUST 2's Parent Participation Req'd	2	30 min		9:30A	10:30A/ 5:00P			10:00A	
JUST 3's	3	30 min		10:00A	11:00A/ 5:00P			10:30A	
PRESCHOOL	4-5	45 min	4:45P	10:30A/ 5:15P		10:45a/ 5:30P		11:00A	
YOUNG BEGINNER	6-7	60 min	5:30P	6:00P	5:30P	6:15P		9:00A	
BEGINNER	8+	60 min	5:30P	6:00P	5:30P	6:15P		9:00A	
HOMESCHOOL ELC/CDC	5-12	60 min 30 min			9:30A (HS)	9:30A (ELC)			
GYMNASTICS ACADEMY									
LEVEL I	5+	60 min	6:30P	7:15P	6:30P	7:15P			
Level II	5+	60 min	7:30P		7:30P				
GYMNASTICS TEAM									
COMPETITIVE TEAM AAU		Time frames dependent on level		5:30-8:30P		5:30-8:30P	5:30-8:30P		

**GYMNASTICS ACADEMY CLASS ATTIRE:** Girls may wear leotards (please no tights, socks, or skirts). Boys may wear a t-shirt & shorts. (please no long pants)

## MONTHLY CLASSES - \$27/MO.

- Introductory classes teach age-appropriate skills & fundamentals of gymnastics, while also developing an appreciation for the sport.
- Monthly progress reports
- Classes meet once per week
- One month commitment - sign up monthly for ages 2 and up
- Boys welcome in all classes
- Register online at [ymcawichita.org](http://ymcawichita.org) or at any Greater Wichita YMCA location

## ACADEMY - \$35/MO. meets 1x/wk | \$70/MO. meets 2x/week

- Progression of gymnastics technique based on the Women's Junior Olympic Gymnastics Program, boys welcome in all classes
- Levels 1-3 offered, based on progression of skills
- Improve flexibility, conditioning, & basic skills in all four Olympic events
- Classes meet 1 or more times per week
- Yearly commitment
- Register at any Greater Wichita YMCA location. Online registration is not available for Academy classes.

## TEAM - Contact your Youth Program Director for fees & details of schedules. Invitation only.

- For the gymnastic enthusiasts that want to take it to the next level
- Advanced skills will be developed, & gymnasts will learn about the competitive side of Gymnastics
- USAG curriculum used, & competitive teams will compete in USAG & AAU leagues
- Your gymnast will grow into a well rounded athlete
- Try-outs required at the competitive team level.
- Yearly commitment