



NORTHWEST YMCA CHEER & TUMBLING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY CHEER	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
CHEER WITH ME	4-5	30 min						9:00A	
CHEER YOUNG BEGINNER	6-8	30 min	5:30P			7:00P			
CHEER BEGINNER	9+	30 min	5:30P			7:00P			
NEW! FLYER FLEX	6+	30 min	7:30P			6:00P			
NEW! JUMP TRAINING	6+	30 min	6:00P			6:30P			
OPEN GYM**	6+	60 min							12:00P

MONTHLY TUMBLING									
TUMBLE WITH ME	4-5	30 min				5:30P		9:30A	
TUMBLING BEGINNER	6+	45 min		5:30	7:15P			10:45A	
TUMBLING INTERMEDIATE	6+	45 min		7:15P	5:30P			11:15A	
TUMBLING ADVANCED	6+	45 min						10:00A	

ACADEMY CLASSES									
PRE-CHEER	4-5	60 min		6:15	6:15				
LEVEL I	6-8	60 min		6:15	6:15				
LEVEL II/TEEN	9+	60 min	6:30P						

TEAM - ALL STAR—STORM CHEERLEADING (AVAILABLE AT NORTHWEST YMCA)									
SPRINKLES	5-8	2.5/week	5:30			5:30		10:45A	
THUNDER	14 & under	4.5/week	6:15		6:15				1:00P
LIGHTNING	14 & under	5/week		6:00		6:00			2:00P

**Open Gym is \$5.00 per class. Please pay at the Y's Front Desk and bring the receipt with you to the Cheer & Tumble Center.

MONTHLY CLASSES - \$24/MO.

- Introductory classes teach age-appropriate skills & cheer fundamentals
- Techniques taught in tumbling, stunting & cheerleading
- Classes start at the beginning of each month and meet once per week
- One month commitment - sign up monthly for ages 4 & up
- Register online at ymcawichita.org or at any Greater Wichita YMCA location

ACADEMY CLASSES - \$32/MO. meets 1x/wk | \$50 Uniform fee

- Master skills in the fundamentals - motion techniques, jumps, stunts, cheers & chants
- Develop confidence & team-building skills
- Performance showcase opportunity
- 9 mo. commitment - for ages 4 & up
- Director approval may be required
- Class fees payable via bankdraft
- Register at any Greater Wichita YMCA location. Online registration is not available for Academy classes.

TEAM - Contact the Northwest YMCA All Star Cheerleading Director for fees & details. 316.260.9622

- Advanced skills will be developed for the dedicated cheerleader
- Weekly training & participation in various community events throughout the year
- Competitions on the local, regional & national level
- Yearly commitment for ages 5-18
- Auditions for competition team held prior to the season.