

GYMNASTICS

SOUTH YMCA

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 or at any Greater Wichita YMCA location

ACADEMY - \$35/MO. meets 1x/wk
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 time per week
- Yearly commitment
- Register at any Greater Wichita YMCA location. Online registration is not available for Academy classes.

TEAM - Contact your Gymnastics Director for fees & details of schedules. Invitation only. Available at Andover, East, Northwest, & South.

- 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

MONTHLY GYMNASTICS	AGES	TIME	MON	TU	WED	TH	FR	SA
JUST 2's Parent Participation Req'd	2	30 min		5:30P	6:30P	10:00A		
JUST 3's	3	30 min		6:00P		10:30A 5:30P		9:45A
PRESCHOOL	4-5	45 min	5:30P	6:30P		11:00A 6:15P		9:45A
YOUNG BEGINNER	6-7	60 min	6:15P		5:30P		5:30P	10:30A
BEGINNER	8+	60 min	7:15P	7:15P	7:00P		5:30P	11:30A
GYMNASTICS ACADEMY								
LEVEL I	5+	60 min	6:00P	7:00P		5:30P	5:30P	11:00A
LEVEL II	5+	60 min	7:00P			6:30P	5:30P	12:00P
LEVEL III	5+	60 min				7:30P		
GYM & SWIM								
PARENT PARTICIPATION	1-3	30 min 30 min						10:45A-gym 11:30-swim
PRESCHOOL	3-5	30 min 30 min						10:15-gym 11:00-swim
SCHOOL AGE	6+	30 min 30 min						10:15-gym 11:00-swim

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)