



SUMTER FAMILY YMCA
2018 & 2019 School Year
GYMNASTICS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA offers an extensive recreational gymnastics program for all ages. Whether you are new to gymnastics or looking for advanced techniques, the YMCA has a program for you. There are 4 classes each session.

Monday or Wednesday					
Age Groups	Time	Session Days for All Age Groups			
Beg./Inter. 5-7 years old (\$30.00 - \$45.00)	Mon. 5:30 - 6:30pm	September* October November December*	Sept 5 - Sept 26* Oct 1 - Oct 24 Nov 5 - Nov 28 Dec 3 - Dec 26*	January February March April May	Jan 7 - Jan 30 Feb 4 - Feb 27 Mar 4 - Mar 27 Apr 1 - Apr 24 Apr 29 - May 22
	Wed. 3:00 - 4:00pm				
Beg./Inter. 8-10 years old (\$30.00 - \$45.00)	Wed. 4:15 - 5:15pm				
Beginner Tumbling(11&up) (\$30.00 - \$45.00)	Mon. 6:30 - 7:30pm				
	Wed. 5:30 - 6:30pm				
Adult Tumbling(18&up) (\$30.00 - \$45.00)	Wed. 6:30 - 7:30pm				
Preschool (\$25.00 - \$37.50)	Mon. 4:00 - 4:45pm				

Tuesday or Thursday					
Age Groups	Time	Session Days for All Age Groups			
Parent & Child (\$25.00 - \$37.50)	Tues. 5:15 - 6:00pm	September October November* December*	Sept 4 - Sept 27 Oct 2 - Oct 25 Nov 6 - Nov 29* Dec 4 - Dec 27*	January February March April May	Jan 8 - Jan 31 Feb 5 - Feb 28 Mar 5 - Mar 28 Apr 2 - Apr 25 Apr 30 - May 23
	Thr. 10:00 - 10:45am				
Preschool (\$25.00 - \$37.50)	Thr. 11:00 - 11:45am				
	Thr. 5:30 - 6:15pm				
Beg./Inter. 5-7 years old (\$30.00 - \$45.00)	Tues. 4:00 - 5:00pm				
Beg./Inter. 8-10 years old (\$30.00 - \$45.00)	Tues. 3:00 - 4:00pm				
	Thr. 4:15 - 5:15pm				
Intermediate/Advanced Tumbling(11&up) (\$30.00 - \$45.00)	Tues. 6:30 - 7:30pm				
	Thr. 6:30 - 7:30pm				
Adult Tumbling(18&up) (\$30.00 - \$45.00)	Tues. 7:30 - 8:30pm				

Friday or Saturday					
Age Groups	Time	Session Days for All Age Groups			
Parent & Child (\$25.00 - \$37.50)	Sat. 11:15 - 12:00pm	September October November* December*	Sept 7 - Sept 29 Oct 5 - Oct 27 Nov 9 - Dec 1* Dec 7 - Dec 29*	January February March April May	Jan 5 - Feb 1 Feb 8 - Mar 2 Mar 8 - Mar 30 Apr 5 - Apr 27 May 3 - May 25
Pre-School (\$25.00 - \$37.50)	Fri. 3:00 - 3:45pm				
	Sat. 10:15 - 11:00am				
Beg./Inter. 5-7 years old (\$30.00 - \$45.00)	Fri. 4:00 - 5:00pm				
	Sat. 9:00 - 10:00am				
Beg./Inter. 8-10 years old (\$30.00 - \$45.00)	Fri. 5:15 - 6:15pm				

Session fees are shown as in: Member price and potential member price.

*Price will be reduced due to holiday.

Contact front desk or the gymnastics office for additional questions: gymnastics@ymcasumter.org

Financial Assistance is available for those who apply and qualify through our OPEN DOORS program.

Sumter Family YMCA Gymnastics Center - 220 Pine St. Sumter, SC 29150 Phone: 803-774-2350



Sumter YMCA Gymnastics Program Overview

Parent and Child (Ages: for children walking - 3 years)

Goals:

- Develop coordination, strength and motor skills through 45 minutes of playful exercises and exploration

Miscellaneous:

- Guardian must accompany child during class

Pre-School (Ages: 3 to 4 years old)

Goals:

- Focused on enhancing coordination and muscle development
- 45-minute class will teach basic gymnastics skills

Miscellaneous:

- Child must be potty trained

Beginner / Intermediate (Ages: 5 to 7 years old)

Goals:

- Learn basic body positions and strength exercises during this hour long session
- Learn easy and fun skills to improve flexibility, coordination and balance

Beginner / Intermediate (Ages: 8 to 10 years old)

Goals:

- During an hour long session the basics of gymnastics to improve strength, flexibility, coordination and balance will be taught

Beginner Tumbling (Ages: 11 & up)

Goals:

- Individual focus and for participants who wish to take their floor skills to the next level
- Designed to teach basic tumbling skills (cartwheels, walkovers, roundoffs) and jumps

Intermediate / Advanced Tumbling (Ages: 11 & up)

Goals:

- Build confidence and physical strength
- Participants will work on combinations, handsprings, tucks, and more

Miscellaneous:

- Great for cheerleaders or future cheerleaders
- Classes taken in succession are most effective
- *Skill requirement: roundoff*

Adult Tumbling (Ages: 18 & up)

Goals:

- Build confidence and physical strength
- Participants will work on stretching, jumping, running, and tumbling

Miscellaneous:

- Great for adults that want to experience an exciting way to exercise