



SUMTER FAMILY YMCA
2019 & 2020 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			
Preschool (\$25.00 - \$37.50)	Mon. 4:00 - 4:45pm	August* September October November December*	Aug 19 - Aug 28* Sept 9 - Oct 2 Oct 7 - Oct 30 Nov 4 - Nov 20* Dec 2 - Dec 23*	January February March April May	Jan 6 - Jan 29 Feb 3 - Feb 26 Mar 2 - Mar 25 Mar 30 - Apr 22 Apr 27 - May 20
	Wed. 11:00 - 11:45am				
Parent & Child (\$25.00 - \$37.50)	Wed. 10:00 - 10:45am				
Beg./Inter. 5-7 years old (\$30.00 - \$45.00)	Mon. 5:00 - 6:00pm				
	Wed. 3:00 - 4:00pm				
Beg./Inter. 8-10 years old (\$30.00 - \$45.00)	Wed. 4:15 - 5:15pm				
	Mon. 6:15 - 7:15pm				
Beginner Tumbling (11+) (\$30.00 - \$45.00)	Wed. 5:30 - 6:30pm				

Tuesday or Thursday					
Age Groups	Time	Session Days for All Age Groups			
Parent & Child (\$25.00 - \$37.50)	Tues. 5:15 - 6:00pm	August* September October November* December*	Aug 20 - Aug 29* Sept 10 - Oct 3 Oct 8 - Oct 31 Nov 5 - Nov 19* Dec 3 - Dec 19*	January February March April May	Jan 7 - Jan 30 Feb 4 - Feb 27 Mar 3 - Mar 26 Mar 31 - Apr 23 Apr 28 - May 21
Preschool (\$25.00 - \$37.50)	Thr. 4:15 - 5:00pm				
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)				
Thr. 5:15 - 6:15pm					
Intermediate/Advanced Tumbling(11&up) (\$30.00 - \$45.00)	Tues. 6:30 - 7:30pm				
	Thr. 6:30 - 7:30pm				

Friday or Saturday					
Age Groups	Time	Session Days for All Age Groups			
Parent & Child (\$25.00 - \$37.50)	Sat. 9:00 - 9:45am	August* September October November December	Aug 23 - Aug 31* Sept 13 - Oct 5 Oct 11 - Nov 2 Nov 8 - Nov 23* Dec 6 - Dec 21*	January February March April May	Jan 10 - Feb 1 Feb 7 - Feb 29 Mar 6 - Mar 28 Apr 3 - Apr 25 May 1 - May 23
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. 11:15am - 12:15pm				
Beg./Inter. 8-10 years old (\$30.00 - \$45.00)	Fri. 5:15 - 6:15pm				
	Adult Tumbling(18&up) (\$30.00 - \$45.00)	Fri. 6:00 - 7:00pm			

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



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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