



# SUMTER FAMILY YMCA

## Recreation Gymnastics

### 2020 - 2021 School Year Schedule

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool 3 & 4 year olds 4:00 - 4:45 pm	8 - 10 year old Gymnastics 3:00 - 4:00 pm	Tumbling 5:30 - 6:30 pm	Preschool 3 & 4 year olds 4:15 - 5:00 pm	Parent & Child 3:00 - 3:45 pm	Preschool 3 & 4 year olds 10:15 - 11:00 am
5 - 7 year olds Gymnastics 5:00 - 6:00 pm	5 - 7 year old Gymnastics 4:15 - 5:15 pm		8 - 10 year old Gymnastics 5:15 - 6:15 pm	5 - 7 year old Gymnastics 5:00 - 6:00 pm	5 - 7 year old Gymnastics 11:15 am - 12:15 pm
	Parent & Child 5:30 - 6:15 pm				

■ 45 minute class

■ 1 hour class

Class descriptions are detailed on page 2



**Cost per child per class: \$8 members / \$12 potential members**

Sibling discount not available. Scholarship is available.

Register now in-house or on-line at [www.ymcasumter.org/register-online/](http://www.ymcasumter.org/register-online/)

Classes are located at the YMCA Gymnastics Center at 220 Pine Street



**SUMTER FAMILY YMCA**

510 Miller Road  
 Sumter, SC 29150  
 803-773-1404  
[ymcasumter.org](http://ymcasumter.org)

**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.

**Requirement:** Guardian must accompany child during class.

**Pre-School (Ages: 3 & 4 years old) Goals:** Focused on enhancing coordination and muscle development. 45-minute class will teach basic gymnastics skills.

**Requirement:** Child must be potty-trained.

**5 - 7 years old Gymnastics Goals:** Learn basic body positions and strength exercises during this hour long session. Easy and fun skills to improve flexibility, coordination and balance.

**8 - 10 years old Gymnastics Goals:** During an hour long session, participants will explore and learn the basics of gymnastics to improve strength, flexibility, coordination and balance.

**Tumbling Ages: 7 & 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, round-offs), build confidence and physical strength. Participants will work on combinations, handsprings, tucks, and more.

**Recommendation:** Great for cheerleaders or future cheerleaders. Classes taken in succession are most effective.

