



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHEN COMPETE ACHIEVE

We are committed to developing a healthy competitive spirit and good sportsman-ship while maintaining the YMCA principles of caring, honesty, faith, respect and responsibility. We have a progressive goal setting environment for gymnastics training with teamwork as an emphasis. We believe the attainment of personal goals is the first step in the development of an all-around athlete. If you are interested in becoming a member of the Twisting, Advanced, or Junior Aerials email [gymnastics@ymcasumter.org](mailto:gymnastics@ymcasumter.org).

## Sumter YMCA Aerials Schedule

Twisting Aerials	Mon. / Tue. / Thur. 3:30 - 6:30 pm
Advanced Aerials	Mon. / Wed. / Fri. 4:00 - 5:30 pm
Junior Aerials	Wed. / Fri. 4:00 - 5:30 pm

**Monthly Fees:** Auto-draft is highly suggested for monthly dues.

Twisting Aerials: \$110 members, \$165 potential members

Advanced Aerials: \$70 members, \$105 potential members

Junior Aerials: \$50 members, \$75 potential members

### Annual Fee:

Registration fee per calendar year: \$25



SUMTER FAMILY YMCA

220 Pine Street

Sumter, SC 29150

803-774-2350

[ymcasumter.org](http://ymcasumter.org)

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

## Description

- **Twisting Aerials** - Competitive team USAG levels 3-8. Gymnast ages 5-18 years old can join the fun of gymnastics at the YMCA. We travel around South Carolina to compete with teams from the surrounding areas. Practice is 3x per week, with an optional practice on Saturday. Competing is not mandatory, but is greatly encouraged. Approval by Head Coach is required.
- **Advanced Aerials** - This class is the next step towards Twisting Aerials. They will work on USAG level 1-2 skills to prepare gymnasts for Twisting Aerials. Approval by Head Coach is required.
- **Junior Aerials** - This class is designed as a stepping stone for children that need to be challenged more during gymnastics practice. This class is great for those that have gymnastics experience and are ready for the next step in their gymnastics goals.  
**Skills Required:** Handstand, forward/backward roll, pullover on bars, relevé and passé walk on beam, and straight jump on vault. Body awareness during skills and able to participate in conditioning. Approval by Head Coach is required.

