



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 & 9 year old Gymnastics 3:00 - 4:00 pm	Tumbling 5:30 - 6:30 pm	8 & 9 year old Gymnastics 5:00 - 6:00 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	Adult Tumbling 6:30 - 7:30pm	Preschool 3 & 4 year olds 5:30 - 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		10 - 12 year old Gymnastics 6:15 - 7:15pm		

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/

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



SUMTER FAMILY YMCA

220 Pine St.

Sumter, SC 29150

803-774-2350

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 & 9 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.

10 - 12 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.

