



SUMTER FAMILY YMCA

Recreation Gymnastics October 2021 Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday
4 - 5 year old Intermediate 4:00 - 4:45pm	4 - 5 year old Gymnastics 4:15 - 5:00 pm	Preschool 3 year old 4:30 - 5:00pm	6+ Beginner Gymnastics 4:30 - 5:30 pm
6+ Beginner Gymnastics 5:00 - 6:00pm	6+ Intermediate Gymnastics 5:00 - 6:00 pm	Tumbling 5:15 - 6:15pm	6+ Intermediate Gymnastics 5:30 - 6:30 pm

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

3 year old Pre-School Goals: This half-hour class is the introduction to basic gymnastics skills, more advanced motor skills, increased strength and flexibility. Children at this level will begin developing their handstand and cartwheels while enjoying incredible fitness obstacle courses on the gymnastics equipment.

Requirement: Child must be potty-trained.

4 - 5 years old Gymnastics Goals: This 45-minute class is a fun educational gymnastics experience giving both skills for gymnastics and other sports. This class is designed for the development of gymnastics, which includes uneven bars, balance beam, tumbling, and vault.

4 - 5 year old Intermediate Gymnastics (Fast Track): This 45-minute class is structured & designed for those who are ready to learn intermediate gymnastics skills. Instructors will challenge students with fun techniques to increase strength, flexibility, and encourage greater gymnastics development. **Requirement:** Coach's approval. Excellent listening skills and able to follow directions.

6+ years old Beginner Gymnastics Goals: Beginner Recreational Gymnastics class is great for children with little to no gymnastics experience. This one-hour class is designed to introduce your child to the basic skills of four gymnastics events.

6+ year old Intermediate Gymnastics (Fast Track): Intermediate Gymnastics class is available to those that have tested out of beginner gymnastics. This one-hour class is designed to enhance your child's skills on vault, uneven bars, beam, and floor. Skills mastered in this class are required to move on to our Aerials Gymnastics.

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.