



# SUMTER FAMILY YMCA

Recreation Gymnastics  
Spring 2022 Schedule

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

Monday	Tuesday	Wednesday		Thursday
Ages 4-5 Intermediate Gymnastics 4:00 - 4:45 pm	Ages 4-5 Beginner Gymnastics 4:15 - 5:00 pm	★ 6+ Beginner Gymnastics 4:00 - 5:00 pm	Age 3 Preschool Gymnastics 4:30 - 5:00 pm	★ 6+ Beginner Gymnastics 4:00 - 5:00 pm
★ Ages 6+ Cheer Tumble 4:30 - 5:30 pm	6+ Intermediate Gymnastics 5:00 - 6:00 pm	★ Ages 4-5 Beginner Gymnastics 4:45 - 5:30 pm	★ Ages 7-18 Tumbling 5:00 - 6:00 pm	★ 6+ Intermediate Gymnastics 5:00 - 6:00 pm
6+ Beginner Gymnastics 5:00 - 6:00 pm	★ = New class/time		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 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**  
220 Pine St.  
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.**

## Sumter YMCA Gymnastics Program Overview

**Pre-School (Age 3) 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.

**Beginner Gymnastics (Ages 4-5) 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.

**Intermediate Gymnastics (Ages 4-5) Goals:** This 45-minute class is structured and 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.

**Beginner Gymnastics (Ages 6+) 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 on each of the 4 events: Bars, Beam, Floor, and Vault.

**Intermediate Gymnastics (Ages 6+) Goals:** 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 Team.

**Cheer Tumble (Ages 6+) Goals:** This class is focused towards building the basic foundation of cheerleading. Participants will learn cheer terminology, motions, jumps, mini-dances, as well as individual and synchronized tumbling skills.

**Tumbling (Ages 7-18) Goals:** Individual focus for participants who wish to take their floor skills to the next level. Designed to teach basic tumbling skills (rolls, cartwheels, walkovers while building confidence and physical strength. Participants will work on combinations, hand-springs, tucks, and more.

Financial Assistance is available for those who apply and qualify through our OPEN DOORS program.