



# SUMTER FAMILY YMCA

Recreation Gymnastics  
Fall 2022 Schedule

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

Monday	Tuesday	Wednesday	Thursday
Ages 3-5 Intro Only Gymnastics 4:00 - 4:45	Ages 6+ Beginner/Intermediate Gymnastics 4:00 - 4:55	Ages 6+ All Levels Tumbling 4:00 - 4:55	Ages 3-5 Intro/Beginner Gymnastics 4:00 - 4:45
Ages 6+ Intermediate/Advanced Gymnastics 4:15 - 5:10	Ages 3-5 Intro/Beginner Gymnastics 5:00 - 5:45	Ages 3-5 Beginner/Intermediate Gymnastics 4:15 - 5:00	Ages 6+ Intro Only Gymnastics 5:00 - 5:55
Ages 6+ Intro/Beginner Gymnastics 4:15 - 5:10		Ages 6+ Intermediate/Advanced Gymnastics 4:30 - 5:25	



**Cost per child per month: \$40 members / \$60 potential members**

Scholarships are available to those who qualify.

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

**Intro Gymnastics Goals (Ages 3-5 and 6+):** This class is designed for children with no prior gymnastics experience. Intro gymnastics will introduce your child to all the proper shapes, terminology, and basic gymnastics skills to grow a solid foundation in the sport.

**Beginner Gymnastics Goals (Ages 3-5 and 6+):** This class is designed for children with very little gymnastics experience. Beginner gymnastics will help gymnasts continue to grow their gymnastics skills - focusing more on strength and flexibility, as well as perfecting their basic gymnastics skills.

**Intermediate Gymnastics Goals (Ages 3-5 and 6+) :** This class is available to those that have tested out of beginner gymnastics. Intermediate gymnastics is designed to polish skills on vault, uneven bars, beam, and floor. Skills mastered in this class are required to move on to our advanced gymnastics class and/or one of our competitive teams.

**Advanced Gymnastics Goals (Ages 6+):** This class is by invite only. Gymnasts must test out of our intermediate class to enroll in the advanced gymnastics class. The advanced gymnastics class will focus on elite gymnastics skills and prepare those that are interested for our competitive gymnastics program.

**Tumbling Goals (Ages 6-18):** Our tumbling classes are for those interested in taking their skills on the floor to the next level. This class is designed to teach basic to advanced tumbling skills using different drills, conditioning, and flexibility stations to meet each child where they are, and progress their tumbling skills in a safe manor.

**Class Times:** Ages 3-5 = 45-minutes. Ages 6+ = 55-minutes.

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