



# SUMTER FAMILY YMCA

Recreation Gymnastics  
Winter 2023 Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday
Ages 6+ All Level Gymnastics 4:15 - 5:10	Ages 5-15 Home School Gymnastics* Session 1: 10:20 - 11:20 Session 2: 11:30 - 12:30	Ages 3-5 Beginner/Intermediate Gymnastics 4:15 - 5:00	Ages 4-6 Intro/Beginner Gymnastics 4:00 - 4:45
Ages 5-8 Beginner/Intermediate Gymnastics 5:20 - 6:15	Ages 6+ Beginner/Intermediate Gymnastics 4:00 - 4:55	Ages 6+ All Level Gymnastics and Tumbling 4:45 - 5:40	Ages 6+ Intro Only Gymnastics 5:00 - 5:55
Adult Gymnastics All Levels 6:00 - 7:00	Ages 3-5 Intro Only Gymnastics 4:30-5:15		Ages 8+ Intermediate/Advanced Gymnastics 5:45 - 6:40



Cost per child per 4 week month: \$40 members / \$60 potential members

Cost per child per 5 week month: \$50 members / \$75 potential members

\*Home school class pricing varies. See class description online for details

Scholarships are available to those who qualify.

Email Jodi West with questions regarding class/level placement - [Gymnastics@ymcasumter.org](mailto:Gymnastics@ymcasumter.org)

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 Street Sumter, SC 29150 803-774-2350 [ymcasumter.org](http://ymcasumter.org)

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.  
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:** 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:** This class is designed for children with little gymnastics experience. Beginner gymnastics will help gymnasts continue to grow their gymnastics skills on all 4 events, focusing more on strength and flexibility to encourage proper technique on skills.

**Intermediate Gymnastics Goals:** 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:** 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. **This class is by invite only.**

**Tumbling Goals :** 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.

**Cheer Tumble 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. **Classes offered February-May.**

**Adult Gymnastics Goals:** This class will be fun and challenging for any adult who wants to experience an exciting way to exercise. We will incorporate balance, flexibility, stretching and strength while maintaining and/or enhancing your gymnastics abilities.

## **Class Times:**

Preschool Ages 2-3 = 30 minutes

Ages 4-5 = 45 minutes

Ages 6+ = 55 minutes

## **Gymnastics Center Closures:**

January 1, 2023

May 29 - June 2, 2023

July 3 - 7, 2023

September 4, 2023

October 31, 2023

November 22-24, 2023

December 23-January 1, 2024