

NORTHWEST YMCA WINTER/SPRING GYMNASTICS & TUMBLING

Effective 1/4/21 - 5/30/21

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
JUST 2's (Parent Participation Required)	2	30-min						10:00A	
JUST 3's	3	30-min	5:00P		9:15A	5:00P		10:45A	
PRESCHOOL	4-5	45-min	5:45P		9:45A	5:45P		9:00A	
YOUNG BEGINNER	6-7	60-min	6:45P		10:30A		5:00P		12:00P
BEGINNER	8+	60-min			6:00P		5:00P		12:00P
BEGINNER TUMBLING	6+	45-min		5:15P		6:45P			
INTERMEDIATE TUMBLING	6+	45-min		5:15P		6:45P			
ADVANCED TUMBLING	6+	45-min							
OPEN GYM	5+	60-min							
ACADEMY CLASSES									
PRE-GYM ACADEMY	3-5	60-min		5:00P		10:00A	5:15P	9:15A	
LEVEL I	6+	60-min	5:15P		5:15P	11:15A			2:30P
LEVEL II	6+	60-min	6:30P		6:30P	6:30P		10:30A	
LEVEL III	6+	60-min		5:30P					1:00P
LEVEL I—Boys Only	6+	60-min			7:15P				1:15P
LEVEL II- Boys Only	6+	60-min			7:15P				1:15P
TUMBLING I	6+	60-min		6:15P			6:15P		
TUMBLING II	6+	60-min		6:15P			6:15P		
GYMNASTICS TEAM (AVAILABLE AT ANDOVER, NORTHWEST AND SOUTH YMCA)									
Contact the Gymnastics Coordinator for Gymnastics Team information: dakota.bridle@ymcawichita.org or 316.776.8222									

GYMNASTICS FEES:

Monthly Academy \$27/month 1 class/week
Team \$35/month 2 classes/week
Private \$70/month 2 classes/week
Semi-private Varies by Availability
 Contact director for more information
 \$20 per 30-min session
 \$15 per 30-min session, per person

CLASS ATTIRE: Girls may wear leotards. Please no tights, socks, skirts, or jewelry. Boys may wear a t-shirt and shorts. Please no long pants. NO GUM.

ADDED BENEFITS OF YOUR MEMBERSHIP: Your Greater Wichita YMCA membership gives you access to all of our branches in Wichita, Andover, El Dorado and Newton. This grid reflects our comprehensive list of gymnastics classes association-wide. If the session you are interested in is greyed out, please check the Greater Wichita YMCA app or ask a member of our front desk for details about availability at another branch.

Fees appear as member rates. Community participants/non-members pay an additional \$20 for eligible programs, unless otherwise indicated.

GYMNASTICS & TUMBLING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY CLASSES

- Ages 2+
- One month commitment
- Classes meet once per week
- Learn age-appropriate skills and fundamentals, while developing an appreciation for the sport.
- Curriculum repeats each month to reinforce skills
- Monthly progress reports are provided

ACADEMY CLASSES

- Ages 5+
- Multi-month commitment
- Progress faster than Monthly Classes, with techniques based on the Women's Junior Olympic Gymnastics Program
- Pre-Gym Academy and Levels I-III offered based on progression of skills
- Improve flexibility, conditioning, and basic skills in all four Olympic events
- Quarterly progress reports are provided

GYMNASTICS TEAM

- Ages 5+
- Yearly commitment
- Advanced skills will be developed
- Gymnasts will learn about the competitive side of gymnastics
- USAG curriculum used
- Competitive teams will compete at USAG and AAU meets
- Tryout and invitation required
- Contact your Gymnastics Director for more information.

MONTHLY CLASSES

Register online or at any YMCA location

Just 2s: age 2 | 30-minutes

Your toddler will love this energetic class learning gymnastics skills and how to work together. Parent participation required.

Just 3s: age 3 | 30-minutes

This is your gymnast's first independent class where they continue to develop gymnastic skills and discover the fun of gymnastics.

PRESCHOOL: ages 4-5 | 45-minutes

This class will allow your gymnast to focus on their coordination and body control while using balance beam, vault, floor, and bars.

YOUNG BEGINNER: ages 6-7 | 60-minutes

Basic skills on floor, beam, vault, and single bar.

BEGINNER: ages 8+ | 60 minutes

Your gymnast will progress to intermediate skills on balance beam, vault, floor and bars. Class starts with the basics and progresses to intermediate skills.

TUMBLING: ages 6+ | 45-minutes

Explore the fundamentals of tumbling, advancing from rolls to back tucks.

YOUNG BEGINNER: No prior experience required.

BEGINNER: Must master back walkover and roundoff to enroll.

TEEN: Must master front and back handspring to enroll.

ACADEMY CLASSES

Register at any YMCA location, not available online

PRE-GYM ACADEMY: ages 3-5 | 60-min class

Learn foundational gymnastics skills at a progressive rate for pre-school aged youth.

LEVELS I-III: ages 6+ | 60-min class

This is an achievement-oriented program of basic skills and progressions. To advance to the next level, gymnasts should have 75% proficiency on each Olympic event (Vault, Bars, Beam, and Floor). Also includes flexibility and conditioning in order to ensure a safe and successful experience.

BOYS GYMNASTICS: Boys are always welcome in any Monthly or Academy YMCA class. However, Andover offers a Level I and II class specifically for boys.

GYMNASTICS TEAM

Your gymnast will learn the fundamentals of the sport while building lasting relationships with teammates. Contact the Gymnastics Directors for more details. Teams are available at **Andover, Northwest and South YMCAs.**

PRE-TEAM: Invitation only. Class prepares gymnasts for competition-level skills. When prepared, they advance to team.

COMPETITIVE AAU/TEAM USAG: Invitation only. Levels 1-7 compete in sanctioned AAU and/or USA Gymnastics meets.

PRIVATE LESSONS: ages 3+ | 30-minutes

The Y offers private/semi-private lessons tailored to individual needs and ability. Please contact your YMCA's Gymnastics Director for more information.

FINANCIAL ASSISTANCE:

The Y believes that opening doors can close gaps. That's why we welcome everyone to participate in our programs and services. Confidential applications for income-based financial assistance are available at any YMCA location or online at ymcawichita.org.