

# Gymnastics

Updated 08/01/2018

## ANDOVER YMCA-Fall Schedule 2018

| MONTHLY GYMNASTICS                        | MON             | TU    | WED                 | TH             | FR     | SA     | SU              |
|---|-----------------|-------|---------------------|----------------|--------|--------|-----------------|
| JUST 2's<br>Parent Participation Required | 10:00A          |       |                     |                |        | 9:30A  |                 |
| JUST 3's                                  | 10:30A          |       | 9:00A-ELC*<br>6:45P | 9:45A<br>4:45P | 11:15A | 11:00A |                 |
| PRESCHOOL                                 | 11:00A<br>5:00P | 9:30A | 9:00-ELC*<br>6:00P  | 9:00A<br>6:00P | 10:30A | 10:00A |                 |
| YOUNG BEGINNER                            | 4:45P           | 5:00P |                     | 5:00P          | 6:00P  | 12:15P | 12:15P<br>1:30P |
| BEGINNER                                  | 7:00P           |       |                     |                | 6:00P  | 12:15P | 12:15P<br>1:30P |

### GYMNASTICS ACADEMY

|                      |       |        |       |  |       |        |       |
|----------------------|-------|--------|-------|--|-------|--------|-------|
| Pre-Gym Academy      |       | 10:15A | 6:00P |  |       |        |       |
| LEVEL I              | 6:00P | 5:00P  | 4:45P |  | 5:00P | 11:00A | 2:30P |
| LEVEL II             | 6:00P | 5:00P  | 4:45P |  | 5:00P | 11:00A | 2:30P |
| LEVEL III            | 6:00P | 5:00P  | 4:45P |  | 5:00P | 11:00A | 2:30P |
| LEVEL I - Boys Only  | 5:00P |        | 4:45P |  | 5:00P |        |       |
| LEVEL II - Boys Only | 5:00P |        | 4:45P |  | 5:00P |        |       |

### GYMNASTICS TEAM - AVAILABLE AT ANDOVER, EAST, SOUTH & NORTHWEST YMCAs

Contact our Gymnastics Director, Shannon Mallinson at 316-733-9622 or [shannon@ymcawichita.org](mailto:shannon@ymcawichita.org) for Andover

**ELC\*-** This class is for Early Learning Center students only

#### GYMNASTICS ATTIRE:

Girls may wear leotards. Please no tights, socks, skirts, gum, or jewelry.  
Boys may wear a t-shirt & shorts. Please no long pants.

#### GYMNASTICS FEES:

**Monthly** \$27/mo  
**Academy** \$35/mo 1 class/week  
 \$70/mo 2 classes/week  
**Team** Varies contact the director  
**Private** \$20 per 30-min session  
**Semi-private** \$15 per person, 30-min session

**NOTE:** Classes will not take place on Memorial Day and Independence Day. Unless otherwise noted, sessions impacted by these holidays will be prorated for the reduced class schedule.  
 August classes take place 8/1—8/14 to allow for annual maintenance of YMCA studios and pools. All August classes will be prorated for the shortened schedule.

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

#### PRE-GYM ACADEMY | ages 3-5 | \$35.00/month

**TUESDAYS 10:15-11:15A**  
**WEDNESDAYS 6:00-7:00P**

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

#### OPEN GYM | ages 6+ yr | \$5 per session

**WEDNESDAYS 7:30-8:30P**  
**SATURDAYS 2:30-3:30P**

Jump, climb and tumble at our open gym. Students can practice their skills learned in cheer, tumbling, or gymnastics classes.

**TODDLER TIME | ages 0-5 |**  
**Free for YMCA members**

**WEDNESDAYS 10:00-11:00A**



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRETCH YOUR LIMITS GYMNASTICS



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## MONTHLY

- Introductory classes teach age-appropriate skills and fundamentals of gymnastics, while also developing an appreciation for the sport.
- Boys are welcome in all classes
- Monthly progress reports
- Classes meet once per week
- One month commitment

Classes offered: Just 2s, Just 3s, Pre-school, Young Beginners and Beginners

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## ACADEMY

- Progression of gymnastics technique based on the Women's Junior Olympic Gymnastics Program
- Levels 1-3 offered based on progression of skills
- Improve flexibility, conditioning, and basic skills in all four Olympic events
- Classes meet 1 or more times per week
- Yearly commitment
- Online enrollment not available, visit your local YMCA to register

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## TEAM

- For the gymnastic enthusiasts that want to take it to the next level
  - Advanced skills will be developed, and gymnasts will learn about the competitive side of Gymnastics
  - USAG curriculum used, and competitive teams will compete in USAG and AAU meets
  - Your gymnast will grow into a well-rounded athlete
  - Invitation only. Contact your Dance Director for class times/frequency/fees
  - Yearly commitment
- Pre-Team meets 1x or 2x a week. Gymnastics Tryouts required at the competitive team level.

## MONTHLY CLASSES

Register online or at any Y location

### JUST 2s | age 2 | 30-min class

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

### JUST 3s | age 3 | 30-min class

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-min class

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-min class

All basic skills on floor, beam, vault, and single bar will be taught to your budding gymnast.

### BEGINNER | ages 8 & up | 60-min class

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

### PRIVATE LESSONS | ages 3 & up | 30-min session

The Y offers private/semi-private lessons tailored to individual needs and ability. Ask your Gymnastics Director for details.

## BOYS GYMNASTICS

Boys are welcome in any monthly or academy class, Andover YMCA, and Northwest YMCA offer a Level I & II class specifically for boys.

## GYMNASTICS ACADEMY

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. 1 hr class

## GYMNASTICS TEAM

YMCA gymnastics teams compete in levels 1-7 in AAU and USAG competitions.

Your gymnast will learn the fundamentals of gymnastics while building lasting relationships with their teammates. Contact the coach for details. Teams are available at Andover, East, Northwest and South YMCAs.

**PRE-TEAM** - Invitation only. Class prepares young gymnasts for competitive gymnastics. When gymnasts are proficient in the required skills, they can advance to competitive team.

**COMPETITIVE AAU** - Invitation only. Levels 1-7 compete in sanctioned AAU meets.

**COMPETITIVE TEAM USAG** - Invitation only. Levels 1-7 compete in sanctioned USA Gymnastics meets.

## 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 [ymcawichita.org](http://ymcawichita.org) or any YMCA location.