

DR. JIM FARHA ANDOVER YMCA WINTER GYMNASTICS & TUMBLING

Effective 01/04/20 - 05/31/20

CONNECT THROUGH OUR FREE APP



SCHEDULES, WORKOUTS, REWARDS, AND MORE
SEARCH FOR "WICHITA YMCA APP"

MONTHLY CLASSES	AGES	TIME	MON	TU	WED	TH	FR	SA	SU
JUST 2's (Parent Participation Required)	2	30-min	10:00A					9:30A	
JUST 3's	3	30-min	10:30A		6:00P	6:45P	11:15A	11:00A	
PRESCHOOL	4-5	45-min	11:00A	9:30A	9:00 ELC* 6:30P	6:00P	10:30A		3:30P
YOUNG BEGINNER	6-7	60-min	4:45P	5:15P		5:00P	6:00P	11:00A	1:30P
BEGINNER	8+	60-min	7:00P			5:00P	6:00P	11:00A	1:30P
BEGINNER TUMBLING	6+	45-min							
INTERMEDIATE TUMBLING	6+	45-min							
ADVANCED TUMBLING	6+	45-min							
OPEN GYM	5+	60-min			7:30P			2:30P	
ACADEMY CLASSES									
PRE-GYM ACADEMY	3-5	60-min	5:00P	10:15A 6:15P	5:00P			10:00A	
LEVEL I	6+	60-min	6:00P	5:00P	4:45P		5:00P	10:00A	2:30P
LEVEL II	6+	60-min	6:00P	5:00P	4:45P		5:00P	10:00A	2:30P
LEVEL III	6+	60-min	6:00P	5:00P	4:45P		5:00P	10:00A	2:30P
LEVEL I—Boys Only	6+	60-min	5:00P 7:00P						
LEVEL II- Boys Only	6+	60-min	5:00P 7:00P						
TUMBLING I	6+	60-min	6:15P			5:00P			
TUMBLING II	6+	60-min	6:15P			5:00P			

GYMNASTICS TEAM (AVAILABLE AT ANDOVER, NORTHWEST AND SOUTH YMCA)

Contact the Gymnastics Director for Gymnastics Team information: Shannon@ymcawichita.org or 316.733.9622

GYMNASTICS FEES:

Monthly	\$27/month
Academy	\$35/month 1 class/week \$70/month 2 classes/week
Team	Available at Andover, Northwest, and South Contact director for more information
Private	\$20 per 30-min session
Semi-private	\$15 per 30-min session, per person

OPEN GYM: ages 5+ | Wednesdays 7:30-8:30 | Saturdays 2:30-3:30
\$5/session

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

RUBY (ADAPTIVE GYMNASTICS): ages 8+ | 45-min

Kids with special needs can participate in gymnastics in a safe and caring environment at our Northwest YMCA Gymnastics Center. Contact Elizabeth Beversdorf (316.733.9622 ext. 8110) for more information.

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

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.

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 and Northwest YMCA offer 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, East, 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.