

KEN SHANNON NORTHWEST 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		10:00A	
JUST 3's	3	30-min	10:00A		10:30A	11:30A 5:15P		10:30A	
PRESCHOOL	4-5	45-min		11:15A 5:15P		5:45P 6:30P		9:00A	
YOUNG BEGINNER	6-7	60-min		10:00A			5:10P		12:00P
BEGINNER	8+	60-min					7:20P		
BEGINNER TUMBLING	6+	45-min	5:10P			5:10P			
INTERMEDIATE TUMBLING	6+	45-min							
RUBY (ADAPTIVE)	6+	45-min							3:30P
OPEN GYM	5+	60-min						12:00P	
ACADEMY CLASSES									
PRE-GYM ACADEMY	3-5	60-min	10:45A	6:05P		10:00A	5:10P 6:15P		
LEVEL I	6+	60-min	5:10P 6:15P		5:10P 6:15P	11:05A	6:15P	9:00A	2:10P 3:15P
LEVEL II	6+	60-min	5:10P 6:15P		5:10P 6:15P			10:05A	
LEVEL III	6+	60-min	7:20P		7:20P				1:05P
TUMBLING I	6+	60-min	6:15P			7:20P		11:10A	
TUMBLING II	6+	60-min	7:20P			6:15P			
GYMNASTICS TEAM (AVAILABLE AT ANDOVER, NORTHWEST AND SOUTH YMCA)									
Contact the Gymnastics Director for Gymnastics Team information: Elizabeth.beversdorf@ymcawichita.org or 316.733.9622 ext. 8110									

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+ | Saturdays 12:00P | \$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.

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.

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 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-base financial assistance are available at any YMCA location or online at ymcawichita.org.