



# SUMTER FAMILY YMCA

Recreation Gymnastics Schedule - Term 1  
August 7 - December 22, 2023

**FOR YOUTH DEVELOPMENT®**  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monthly Classes	Monday	Tuesday	Thursday	Friday Open Gym Sessions
Ages 3 - 4 \$25 - \$37.50 / month*	5:30 - 6:00 pm	4:15 - 4:45 pm	4:15 - 4:45 pm	Ages 3 - 5: 5:00 - 6:00 pm
Ages 5 - 7 \$40 - \$60 / month*	5:00 - 5:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	Ages 6 - 12: 6:00 - 8:00 pm
Ages 8 - 12 \$40 - \$60 / month*	4:00 - 4:55 pm	5:00 - 5:55 pm	5:00 - 5:55 pm	\$15 per session
Invite Only Adv. Gym \$50 - \$75 / month*			5:30 - 7:00 pm	August 25
<b>Weekly Classes</b>				September 29
Adult Gymnastics & Yoga \$10 / class*	6:15 - 7:45 pm			October 27
Preschool Playtime \$5 - \$8 / class*		9:30 - 10:15 am	9:30 - 10:15 am	November 17
Homeschool Gymnastics \$5 - \$8 / class*		10:20 - 11:20 am	10:20 - 11:20 am	December 15

\*Member and Potential Member rates listed above are for one class per month/week.



Registration opens Monday, July 24

Register in-house or online - [www.ymcasumter.org/register-online/](http://www.ymcasumter.org/register-online/)

**WINTER EXHIBITION** - participants enrolled for monthly classes during all of Term 1 are invited to participate in our exhibition scheduled for December 2, 2023.




**SUMTER FAMILY YMCA GYMNASTICS CENTER** 220 Pine Street Sumter, SC 29150  
 (p) 803-774-2350 (e) [gymnastics@ymcasumter.org](mailto:gymnastics@ymcasumter.org) [www.ymcasumter.org](http://www.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

The Sumter YMCA Gymnastics Center offers recreational and competitive USAG gymnastics programs. Our coaches are committed to providing a safe and fun environment for our participants to grow their gymnastics abilities. We strive to teach proper shapes, progressions, and techniques so our participants acquire a strong foundation of gymnastics knowledge.

## For safe and productive gymnastics we require the following:

- Appropriately sized athletic wear. If not wearing a leotard, a tight-fitting tee/tank and shorts/leggings suffice. NO denim, buttons, zippers, socks, stockings or jewelry allowed. Small stud earrings are acceptable.
- Hair and hair jewelry must be securely pulled away from the face and neck. All hair jewelry must be wrapped to avoid flying objects and prevent injury to self and others.
- Children must be supervised before/after class. Parents/Guardians are required to stay with their child until a coach brings them down to class. Coaches will bring the children back upstairs to retrieve their belongings and meet with parent/guardian after class. A \$10 charge will be applied if more than 5 minutes late to pick up your child.
- We suggest bringing your own drink to class to eliminate waiting in line for the water fountain. Only water is permitted in the gym.
- If your child is unable to follow instructions, respect the space of others, or behaves in any way to create an unsafe or unproductive environment, they will be removed from the class until a parent or guardian can be reached.
- Two make-up classes permitted each month and must be scheduled within one week of missing a class. An Open Gym credit will be applied if more than 2 classes are missed. All make-ups/credits must be used within the original month payment was submitted.
- A minimum of 5 people must be registered in order for a class to remain active. Due to this policy, there is a possibility for the published schedule to change.

## Class Composition:

Ages 3-4 = 30 minutes

6:1 Ratio

Ages 5-7 = 45 minutes

8:1 Ratio

Ages 8+ = 55 minutes

10:1 Ratio

## Gymnastics Center Closures:

September 4, 2023

October 31, 2023

November 20 - 24, 2023

December 22 - January 5, 2024

January 15, 2024

May 27 - 31, 2024

July 1 - 5, 2024