



SUMTER FAMILY YMCA

Recreation Gymnastics Schedule - Term 1
August 5 - December 20, 2024

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	\$15 / session No cost if used as a make-up class. Ages 3 - 5 5:00 - 6:00 pm Ages 5 - 12 6:00 - 8:00 pm August 30 September 27 October 25 November 22 December 20
Ages 5 - 7 \$40 - \$60 / month	5:00 - 5:45 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	
Ages 8 - 12 \$40 - \$60 / month	4:00 - 4:55 pm	5:00 - 5:55 pm	5:00 - 5:55 pm	
Invite Only Adv. Gym \$50 - \$75 / month			5:30 - 7:00 pm	
Weekly Classes**				
Adult Gymnastics & Yoga \$10 - 15 / class	6:15 - 7:45 pm			
Preschool Playtime \$5 - \$8 / class		9:30 - 10:15 am	9:30 - 10:15 am	
Homeschool Gymnastics \$5 - \$8 / class		10:20 - 11:20 am	10:20 - 11:20 am	

*Monthly Class Registrants - \$25 annual registration fee due at registration.

**Rates listed are per participant, per class.



Register in-house or online - www.ymcasumter.org/register-online/
Class descriptions listed on the next page.

Gymnastics Center Closures

November 25 - 29, 2024
December 21 - January 3, 2024




SUMTER FAMILY YMCA GYMNASTICS CENTER 220 Pine Street Sumter, SC 29150
 (p) 803-774-2350 (e) gymnastics@ymcasumter.org 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.

Gymnastics Program Overview

The YMCA of Sumter 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.

Monthly Classes

3-4 year old Rec - Our 30-minute classes are held upstairs in our preschool gymnastics area. The curriculum for this age group focuses on body awareness, creative movement, balance, coordination, strength, flexibility, and learning how to follow instructions in a group setting.

5-7 year olds Rec - Our 45-minute classes are held in our main gymnastics area. Classes will be split between coaches based on the athlete's experience/ability. The curriculum for this class continues to focus on body awareness, shapes, strength, flexibility, and gaining confidence within the sport while working to achieve level-appropriate skills on all 4 events.

8-12 year olds Rec - Our 55-minute classes will be held in our main gymnastics area. Classes will be split between coaches based on the athlete's experience/ability. The curriculum for this class continues to focus on perfecting body awareness, shapes, strength, flexibility, and gaining confidence within the sport while working to achieve level-appropriate skills on all 4 events.

Advanced Gymnastics - Those invited to attend this class have been recognized by their coach as a strong listener, demonstrates a coachable attitude, and has a solid understanding of gymnastics vocabulary, shapes, and beginner-intermediate skills. An evaluation must be completed prior to an invitation to enroll. This class is offered once per week with an option to extend to two days, if approval from coach is granted.

Weekly Classes

Adult Gymnastics and Yoga - This class will be fun and challenging for any adult who wants to experience an exciting way to exercise. We will incorporate balance, flexibility, stretching and strength while maintaining and/or enhancing your gymnastics abilities.

Preschool Playtime - Our youngest gymnasts have an opportunity to explore the equipment within our space. Coaches will be on hand to encourage socialization skills like following directions and sharing, as well as helping to implement body awareness, balance, coordination, strength, flexibility, and gymnastics vocabulary. Parents/Guardian **MUST** attend the open gym session and supervise their child(ren) at all times.

Homeschool Gymnastics - This one-hour class was created to give our home school community an option to get out of the house and participate in a physically active, semi-structured class. Each class will start with open gym time before shifting focus to event training (bars, beam, floor, vault) then ending with strength and flexibility.

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 and return after class. A \$10 charge will be applied if more than 5 minutes late to pick up your child.
- We suggest bringing your own water to class to eliminate waiting in line for the water fountain.
- 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, there is a possibility for the published schedule to change.