

SUMTER GYMNASTICS CLASS SCHEDULE

CHECK OUR NEW TIMES AND AGE GROUPS!



Summer Registration: May 4th

Dates: June 1st - July 16th (6 week session)

Prices : 1 class a week \$60 2 classes a week \$95

****Out of county addresses must pay double per Sumter County BOC policy****

Parent & Me

18 months - 3.5 years

Monday 5:40-6:25pm

Thursday 5:40-6:25pm

Boys 4x4

4 years old and up

Monday 4:50-5:35pm

Thursday 4:50-5:35pm

Thursday 6:30-7:15pm

Important Dates to Know!

5/4: Summer Registration Begins

5/17: Team Tryouts

5/21: Spring B Classes End

5/25-5/28: No Classes & Team

6/1: Summer Classes Begin

6/29-7/2: No Classes & Team

7/13: Fall A Registration Begins

7/16: Summer Classes End

8/3: Fall A Classes Begin

8/24: Fall B Registration Begins

Preschool

2.5 years - 3 years

Monday 4:00-4:45pm

Tuesday 5:40-6:25pm

Gym 1

(7 - 12 years)

Monday 6:30-7:15pm

Tuesday 4:00-4:45pm

Tuesday 6:30-7:15pm

Thursday 4:50-6:35pm

Primary

4 - 6 years

Monday 4:00-4:45pm

Monday 4:50-5:35pm

Monday 6:30-7:15pm

Tuesday 4:00-4:45pm

Tuesday 5:40-6:25pm

Thursday 5:40-6:25pm

Tumbling

7 - 18 years

Thursday 4:00-4:45pm

Thursday 6:30-7:15pm

Team Stars

By invitation only - see coach for schedule)

Competitive Team

By invitation only - see coach for schedule)

We offer Birthday Parties!

1 hour of supervised open gym play followed by 30 minutes for cake and presents in the party area. Party spots offered on Saturdays (10:00-11:30am and 1:00-2:30pm). Call for date availability and pricing!

Ninja Boys

4 - 12 years

Monday 5:40-6:25pm

Tuesday 4:50-5:35pm

Tuesday 6:30-7:15pm

Thursday 4:00-4:45pm

We reserve the right to combine classes or cancel a class due to low registration.

Parent and Me (18 months- 3.5 years): This class is an instructor led program with parent/adult assistance and designed for athletes 18 months - 3.5 years. Athletes will have the opportunity to roll, jump, swing and balance with emphasis placed on hand-eye coordination, following directions, and socialization. A parent or authorized adult (16 and up) **MUST** participate with the child at all times.

Preschool: This class is designed for independent athletes 2.5 - 3 years. Athletes will learn basic gymnastics skills and positions along with developing balance, motor skills, strength, flexibility and social skills in a fun and safe environment. This class caters to the growing independence of our athletes as they explore the gym without the help of their parents or adults. Please understand parents are not allowed on the floor during this class.

Primary: This class is designed for athletes 4 - 6 years. This class provides a fun, positive atmosphere for students to learn the fundamentals of gymnastics on vault, bars, beam, and floor through fun circuits and progressive skill stations.

Gym I: This class is designed for athletes 7 - 12 years. This class is designed to build gymnastics skills through fun progressions. The focus of this class is beginning level instruction on bars, beam, vault, and floor along with working flexibility, strength, and coordination through progression based drills and circuits. Athletes are required to complete Intro to Gymnastics prior to enrolling in Gym I.

Ninja Boys: This class is designed for athletes 4 - 12 years. This class is a combination of beginner gymnastics, beginner parkour and obstacle course training. Athletes will improve balance, strength, coordination and become an expert in keeping the energy flowing through swinging, jumping, balancing, twisting, and safe landings. Please understand this class is for boys only.

Boys 4x4: This is an introduction to Men's Gymnastics on four events - vault, uneven bars, circles/support on the balance beam, and floor exercise. There is a possibility of a competitive group in the future as it is offered through AAU Gymnastics. There will be more structure and form correction in the boys 4x4 vs the ninja classes. If you are interested please ask a coach before registering for this class as it is more structured and advanced skills.

Tumbling: This class is designed for athletes 7 - 18 years. This class is solely focused on floor and tumbling. Athletes will focus on progression based tumbling skills for beginners through advanced. Tumblers will utilize the tumble track, spring floor, and foam pit to work on various drills to improve their tumbling progressions. Class may be divided by skill level. This class is great for the athlete that does not have the desire to work on beam, bars, or vault.

Team Stars: This class is a pre-team class for athletes that have progressed Gym 2 and are interested in the Team aspect of gymnastics. Athletes will continue to work on vault, bars, beam, and floor focusing on higher level skill that require more strength and flexibility along with putting skills together to create routines. Athletes are required to receive invitation to enroll in Team Stars.

Team Gymnastics: Our team gymnastics program is designed for athletes that have the drive and desire to do more with their gymnastics and participate in competitions. This program is by invitation only after tryouts held May of each year. Our Sumter Gymnastics team competes in the AAU Gymnastics Levels: Copper, Bronze, Silver, Gold, and Platinum.

DRESS CODE: Girls wear a leotard and athletic shorts OR a shirt that must be tucked in with athletic shorts (**absolutely no crop top shirts can be worn - midriffs must be covered**). Boys wear athletic shorts and a shirt that must be tucked in.

NO BLUE JEANS OR OTHER CLOTHING WITH SNAPS, BUTTONS, BUCKLES, OR OTHER METAL PARTS!

If a gymnast is dressed inappropriately, they may not be allowed to participate in all activities. We ask that girls hair be pulled out of their face for safety reasons. No jewelry (except stud earrings) should be worn.