



# Wichita Gymnastics

9400 E. 37th Street North • Wichita, KS 67226 • 316-634-1900  
www.wichitagym.com • www.facebook.com/wichitagymnastics

## Welcome to #2 FALL: October 23, 2017 - January 13, 2018

### SIGN UP NOW for #2 FALL SESSION!

#### Welcome to WGC! We are glad you're here!

Thank you for choosing Wichita Gymnastics! Your child can flip, tumble, leap, play on the rock wall, do a rings challenge, climb the rope, enjoy KDO and KNO, have a Birthday Party and so much more at WGC! Without even knowing it, they'll benefit physically and mentally from conditioning, strengthening and the development of a great body image. This fall, try two classes per week. See inside for class schedules. **Coming this year: Holiday Fun, the All Club Meet and much more!**

#### **HALLOWEEN Kids Night Out** **Saturday, October 28!**

Join us for a Halloween-themed KNO from 6:30-9:30 pm! Same as KNO, but you can expect the unexpected! Please sign up soon and in advance! \$20, \$12 sibling, For ages 3-11.



#### **BRING A FRIEND DAY - ALL NEW!**

**Saturday, September 30, 12:30 - 1:30 pm**

**For you:** 10% off your next session of gymnastics!

**For your non-member friend:**

- A WGC T-Shirt.
- One-hour lesson. (Girls 6 1/2 up)
- First year's registration fee waived when their first session!
- Please sign participation waiver before participating.
- Cost: \$15, No need to sign up ahead of time.



#### **Mom's Shopping & Return Days**

These special HOLIDAY KIDS DAY OUTS are a great time to do your holiday shopping and returns! The same FUN as our regular KDO, we supply it all: obstacle course, zip line, maze and more! Plus, we supply the snack and juice. Sign up soon to reserve your child's spot! These super fun days fill up fast!

Cost: \$15 for 1 child, \$10 each sibling

Time: 1:00 - 4:00 pm (for members and non-members)

- \* December 20 (WED)
- \* December 21 (THUR)
- \* December 22 (FRI)
- \* December 27 (WED)
- \* December 28 (THUR)
- \* December 29 (FRI)



#### **PICTURE DAY - Two Days This Year!**

**Monday, November 6 and Tuesday, November 7**  
3:00 - 7:00 pm | Prices and info coming soon.

This fall, we are providing two days for Picture Day - choose which one works better for you.

Get a professional picture of your gymnast! A gymnastics photographer from Personal Touch Photography will be at the gym on both days to take photos of your gymnast. No reservations are necessary. Please check at the desk for information.



#### **NOT GETTING EMAILS?**

If you are not getting emails from the gym with updates and info, and you would like reminders and the latest info, please put your email address on the list at the front desk!

#### **ALL CLUB MEET - Ask for info!**

**Friday, February 16 at Century II**

"Regular" (6 1/2 and up) girls' and boys' classes and advance classes begin learning routines for the meet during part of the #2 Fall Session and continue in the Winter Session. No experience necessary! It's a fun meet! Everyone gets an award!

#### **MAKE-UP DAY:**

**Saturday, October 14 for #1 Fall**  
**Saturday, January 13 for #2 Fall**

This is the make-up day for the #1 Fall Session. To avoid overcrowding classes during the school year, we have a make-up day at the end of the session. Thank you for understanding! There's no need to sign up in advance.



**Girl, Boys & Advanced:**  
12:30 - 1:45 pm

**Tumbling & Ninja Class:**  
12:30 - 1:30 pm

**Super I and Super II:**  
12:30 - 1:15 pm

**Mini and Mighty Mini:**  
12:30 - 1:15 pm

### Super Tot I - \$90 (2 classes=\$160)

- Boys and girls age 12 - 30 months WITH a parent
- Held in our special mini-gym, this parent-child class focuses on coordination, balance, body awareness and basic gymnastics skills. Class ratio: 7 to 1

Monday	5:40-6:10	Wednesday	6:30-7:00
Tuesday	11:10-11:40	Thursday	6:25-6:55
	5:50-6:20	Saturday	9:15-9:45

### Super Tot II - \$99 (2 classes=\$170)

- Boys and girls age 2 1/2 - 4 years WITH a parent
- Same description as Super Tot I with the following additions: this class introduces more structure and asks children to use their listening skills

Monday	6:15-7:00	Thursday	5:35-6:20
Tuesday	9:45-10:30	Saturday	10:40-11:25
	5:00-5:45		11:30-12:15
	6:25-7:10		
Wednesday	5:40-6:25		
	7:05-7:50		

### Mini Gym - \$110 (2 classes=\$190)

- Boys and girls 4-5 years' old
- Held in the mini and big gyms, this class introduces more structure while integrating motor skills, gymnastics and tumbling. Class ratio: 5 to 1

Monday	4:00-4:45	Wednesday	4:00-4:45
	4:50-5:35		4:50-5:35
	6:30-7:15*		6:30-7:15*
	7:00-7:45		7:15 -8:00*
Tuesday	9:45-10:30*	Thursday	4:00-4:45
	11:10-11:55*		4:45-5:30
	12:00-12:45		5:35-6:20*
	1:05-1:50		7:00-7:45
	1:40-2:25	Saturday	9:00-9:45*
	3:55-4:40		9:50-10:35*
	4:45-5:30*		9:50-10:35
	5:35-6:20*		10:40-11:25*
	6:25-7:10*		11:30-12:15*
	7:10-7:55*		
	7:10-7:55		<i>*Classes held in the big gym.</i>

### Mighty Mini - \$110 (2 classes=\$190)

- Boys and girls 5 1/2 - 6 1/2 years' old
- This class structure introduces children to our regulation size equipment in our larger gym. More focus is put on sequencing, responsibility and following directions. Class ratio: 5 to 1

Monday	4:00-4:45	Tuesday	7:10-7:55
	4:50-5:35	Wednesday	4:00-4:45
	5:40-6:25		4:50-5:35
	7:15-8:00		5:40-6:25
Tuesday	9:45-10:30		7:15-8:00
	11:10-11:55	Thursday	4:00-4:45
	12:00-12:45		4:45-5:30
	1:05-1:50		6:25-7:10
	1:40-2:25		7:15-8:00
	3:55-4:40	Saturday	9:00-9:45
	4:45-5:30		9:50-10:35
	5:35-6:20		10:40-11:25
	6:25-7:10		11:30-12:15

### Girls Gymnastics - \$137 (2 classes=\$220)

- 6 1/2 years old and up
- This class introduces children to all the women's Olympic equipment as well as focuses on increasing flexibility and physical conditioning. Class ratio: 7 to 1

Monday	4:00-5:15	Wednesday	5:15-6:30
	5:15-6:30		6:30-7:45
	6:30-7:45	Thursday	3:00-4:15
Tuesday	3:45-5:00		4:15-5:30
	5:00-6:15		5:30-6:45
	6:15-7:30		6:45-8:00
Wednesday	4:00-5:15	Saturday	9:00-10:15
			10:15-11:30

### Girls Advanced Class - \$220

- Girls 2 days per week. Check at desk for more info.
- On Tuesdays, girls can do conditioning from 7:30-8:00. \*

Monday and Wednesday	4:00-5:15
Monday and Wednesday	6:30-7:45
Tuesday 6:15-7:30 (*see below) and Thursday	6:45-8:00

### Conditioning Class - \$40

- Boys and girls 6 1/2 and up.
- Come build more strength and flexibility with us!

Tuesday	7:30-8:00
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### Boys Gymnastics - \$137 (2 classes=\$220)

- 6 1/2 years old and up
- This class introduces children to all the men's Olympic equipment as well as focuses on increasing flexibility and physical conditioning. Class ratio: 7 to 1

Wednesday	4:00-5:15	Thursday	5:30-6:45
	5:15-6:30		

### Tumbling - \$127 (2 classes=\$215)

- Boys and Girls 6 1/2 years old and up
- For those who want to focus specifically on tumbling. Offered for beginner through advanced gymnasts and cheerleaders. Class ratio: 6 or 7 to 1

<b>6-11 year olds</b>		<b>11 year olds and up</b>	
Monday	5:30-6:30	Monday	7:15-8:15
Tuesday	4:15-5:15	Wednesday	6:30-7:30
	5:15-6:15		
Saturday	9:15-10:15		

### Homeschool Fitness - \$127

- Boys and girls 5 years old and up
- Tumbling, gymnastics, conditioning, balance, strength, flexibility, and coordination
- Includes the Rock Wall and ring challenge

Tuesday	12:00-1:00 (boys and girls)
Thursday	3:00-4:15 (girls – see description under Girls Gymnastics above)

### Ninja Class - \$127

- Boys and girls 6-12 train Ninja-style.
- Work on strength, flexibility, balance and increasing grip strength. Kids will love this great hour of fun, Ninja-style exercise!

Saturday	11:30-12:30
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## SCHOOL'S OUT KIDS DAY OUT

Ages 2 1/2 - 11

1:00 pm - 4:00 pm | Cost: \$15 for 1 child, \$10 each sibling  
**SIGN UP IN ADVANCE!**

School's Out FUN! At Kids Day Out, they'll have a super time on the obstacle course, zip line, maze and more, plus a snack and a juice box.

**KIDS  
DAY  
OUT**

December 20 (WED) • December 21 (THUR)  
December 22 (FRI) • December 27 (WED)  
December 28 (THUR) • December 29 (FRI)

## KIDS NIGHT OUT

Ages 3 - 11

Select Saturdays from 6:30 pm - 9:30 pm  
Cost: \$20 for 1 child, \$12 each sibling  
**SIGN UP IN ADVANCE!**

Enough time for mom and dad to take in a movie or dinner. The same fun as our Kids' Day Out with the addition of pizza and a juice box! We'll watch a good "G" rated movie!

**KIDS  
NIGHT  
OUT**

September 30 • October 14 • October 28 • November 11  
November 18 • December 9 • January 13 • January 27

## PARENTS WEEK:

**December 4-9 (MON-SAT)**

Watch your child's class. See what they've learned! Bring your camera & your family! Full payment due for #2 Fall Session. Pay your \$10 deposit to hold your space for Winter.

## BACKHANDSPRING CLINICS: \$20

Super clinics for boys and girls ages 6 1/2 and up are a great place to learn, or fine tune, a backhandspring while focusing on proper technique and safety using a variety of drills and progressions. Clinics are for beginner through advanced gymnasts, tumblers and cheerleaders. From 1:15 - 2:30 pm.

*Please SIGN UP in advance TODAY!*

September 23 (SAT) • October 21 • November 11  
December 9 • January 20

## General WGC rules and guidelines:

For your child's safety, please go over the following rules and guidelines prior to beginning class:

- Long hair **MUST BE UP** away from the face!
- No two-piece leotards. Sports bras **MUST** be covered.
- Girls should wear leotards or a T-Shirt and shorts without skirts, buttons, buckles or zippers. Boys should wear a T-Shirt and shorts without buttons, buckles or zippers.
- No jewelry (small stud earrings are okay).
- Bare feet & legs are best for participation in all classes.
- Remind your children to wait inside after class.
- No one is allowed on the equipment without an instructor.



## 2017 #2 Fall Session

# calendar

October 23, 2017 – January 13, 2018

### SEPTEMBER

23 (SAT):

Backhandspring Clinic  
1:15-2:30 pm

25-30 (MON-SAT):

Parents Week, Full Payment Due, Sign Up for #2 Fall!  
Bring a Friend Day – NEW!  
Kids Night Out 6:30-9:30 pm

30 (SAT):

30 (SAT):

### OCTOBER

14 (SAT):

Make-Up Day (see schedule)

14 (SAT):

Kids Night Out 6:30-9:30 pm

21 (SAT):

Backhandspring Clinic  
1:15-2:30 pm

16-21 (MON-SAT):

Last Week #1 Fall Session

23-28 (MON-SAT):

1<sup>st</sup> Week of #2 Fall

*(Until January 13, 2018)*

28 (SAT):

Kids Night Out 6:30-9:30 pm

31 (TUE):

Special Halloween KNO!

Happy Halloween! Yes, morning class! No class after 3 pm.

### NOVEMBER

6-7 (MON-TUE):

Picture Day (see info)

11 (SAT):

Backhandspring Clinic  
1:15-2:30 pm

11 (SAT):

Kids Night Out 6:30-9:30 pm

18 (SAT):

Kids Night Out 6:30-9:30 pm

20-25 (MON-SAT):

No class - Happy Thanksgiving!

### DECEMBER

4-9 (MON-SAT):

Parents Week, Full Payment Due, Sign Up for Winter!

9 (SAT):

Backhandspring Clinic  
1:15-2:30 pm

9 (SAT):

Kids Night Out 6:30-9:30 pm

20 (WED):

Mom's Shopping Day 1-4 pm

21 (TUR):

Mom's Shopping Day 1-4 pm

22 (FRI):

Mom's Shopping Day 1-4 pm

27 (WED):

Mom's Return Day 1-4 pm

28 (THUR):

Mom's Return Day 1-4 pm

29 (FRI):

Mom's Return Day 1-4 pm

20-JAN 2 (WED-TUE):

No class – Happy Holidays!

### JANUARY

3 (WED):

Class resumes

8-13 (MON-SAT):

Last week of #2 Fall Session

13 (SAT):

Make-Up Day (see info)

13 (SAT):

Kids Night Out 6:30-9:30 pm

15-20 (MON-SAT):

1<sup>st</sup> Week of Winter Session

20 (SAT):

January 15 – March 17, 2018

Backhandspring Clinic

1:15-2:30 pm

27 (SAT):

Kids Night Out 6:30-9:30 pm

Get the most up-to-date news! Join our email list at [www.wichitagym.com](http://www.wichitagym.com)!

## REGISTRATION FEE FOR CLASSES ON PAGE 2

*There is a \$15.00 yearly non-refundable registration fee for each gymnast due upon registration, and your gymnast receives a WGC T-Shirt! Please note: We'll add more classes if needed or cancel classes if not filled.*

### PRIVATE LESSONS

Looking for private one-on-one time for your child? WGC instructors give private lessons for **tumbling, gymnastics or swimming (in the summer)**.

One student and instructor: \$25/half hour and \$50/hour. Semi-private lessons (2-3) students: \$35/half hour and \$60/hour. **Please call 634-1900 or check at front desk to schedule.**

### SUPPORT TEAM - BUY A LEO

The Wichita Gymnastics Booster Association (WGBA), our parents group, sells leotards in the lobby! You can also purchase consignment leotards to help keep costs low. Ask at the desk for more information!

### Book the BEST Birthday PARTY in Town at Wichita Gymnastics!

Book the best birthday party in town! It is the easiest party you've ever hosted because we set up, clean up, supply the paper goods, provide the entertainment and a T-shirt for the birthday child plus, a juice box for every child! Check out our website for pre-made printable invitations you can print from your own computer!



**Reserve your date with a \$25 (non-refundable) deposit! Ask at the front desk or visit our website for more info!**

**About WGC:** Wichita Gymnastics has been serving recreational and competitive gymnasts since 1969. Our caring, loving staff will help your child build a positive self-image while developing coordination skills and healthy habits that will continue throughout their lifetime. In order to maintain consistency of instruction, classes at WGC run in four nine-week sessions during the school year and one session during the summer.

**Becoming a member:** You can join the WGC family for a \$15 yearly non-refundable registration per child. After your first session, a \$10 deposit is required to reserve a spot for your child. The \$10 deposit will be deducted from your total tuition. We do not automatically enroll children for sessions. An information card must be filled out by a parent or legal guardian before children can participate in class.

**Payment:** For your convenience, full or half of the cost of tuition is due on the first day of class. The other half of tuition can be paid on or before the sixth week of the session, which is Parents' Day.

**Discounts:** WGC offers sibling and multiple class discounts.

**Missed classes:** Remember during the school year we offer a make-up day for consistency and to avoid overcrowding classes.

**Parents' Day:** When children are watching, waving and worrying about you, they cannot be learning from us. We ask that parents wait in our waiting area while class is in session. However, we have a special Parents' Day where family and friends are welcome to watch and take photos. Full payment is due at this time. You may also sign up for the next session during Parents' Week by paying your \$10 deposit. This guarantees your child's spot in the next session.

**Inclement Weather:** Please see the website, Facebook page, or give us a call to see if your child still has class during bad weather.

**General WGC rules and guidelines:** Please see inside the newsletter for tips on what to wear and much more! If you ever have any questions, please call us at 634-1900.

## Wichita Gymnastics Enrollment



**FREE T-SHIRT with your \$15 annual registration**



Please return with \$10 deposit or \$15 annual registration. Are you a new member?  yes  no



Gymnast's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Class: \_\_\_\_\_ Day(s): \_\_\_\_\_ Time: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_