



Wichita Gymnastics

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

Welcome to Spring: March 26, 2018 - May 24, 2018

SIGN UP NOW for SPRING SESSION!

Spring Break Fun: School's Out Kid's Day Out!

Give your kids a staycation! Let them enjoy Spring Break vacation at Wichita Gymnastics. They'll play games, ride the zip line, wander through the maze, climb the rockwall, do rings challenge & more!

\$15 for 1 child, \$10 each sibling | 1:00 - 4:00 pm

March 21 (TUE) * March 22 (WED) * March 23 (THUR) * March 24 (FRI)



MAKE-UP DAY: Saturday, May 19

This is the Make-Up day for the Spring 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

Summer Swim Lessons - Sign Up!

Kids love swimming at WGC! Our pool is kept at 88-90 degrees for your child's comfort. Swim lessons are for children ages 6 months to 12 years and are offered in one and two-week sessions. Day after day repetition is important for advancing swimming skills. We've offered a quality swim program since 1990 with the primary goal of creating a comfortable, safe environment for children, no matter their prior experiences with the water. Increasing self-esteem in children is our mission. Swim lessons are the perfect venue!
See brochure or website for more info.

Swim Sessions:

May 29-1 (TUE-FRI)
June 4-14 (MON-THUR)
June 18-28 (MON-THUR)
July 9-12 (MON-THUR)
July 16-26 (MON-THUR)
July 30-August 2 (MON-THUR)



Summer Camp - Sign Up Early!

1:00 - 4:00 pm | Monday - Thursday

Spend the summer at WGC Summer Camp! Come to one of our 1-week sessions, or come to all nine! Your child can also come to camp by the day!



Our 12,000-square foot facility is fully air-conditioned and packed with the latest gymnastics and recreational equipment for an active, healthy and fun-filled summer. Camps are ideal for children ages 3 - 12. We'll keep your kids active and moving while at camp! Your children will begin camp with an active warm-up and then split into smaller groups for swimming, gymnastics, games and arts and crafts. **Dates are:**

June 4-7	July 9-12	August 6-9
June 11-14	July 16-19	
June 18-21	July 23-26	
June 25-28	July 30-August 2	

See brochure or website for more info.

All Club Meet and Land of Oz

The ALL CLUB MEET is Friday, February 16. The meet is at Century II Convention Center in Convention Hall in conjunction with our annual Land of OZ Invitational competition. The All Club Meet begins at approximately 6 pm. Check at the desk for more info.

LAND OF OZ is February 17-18!

Come out and watch the competitive Land of Oz meet Saturday and Sunday. Gymnasts from all over, including our own! Please check at the desk for times.

SEE MORE Kids Night Out, Parents Week & Backhandspring Clinic & Info inside this newsletter. Get the most up-to-date news! Join our email list at www.wichitagym.com!

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
	3:55-4:40	Saturday	9:00-9:45*
	4:45-5:30*		9:50-10:35*
	5:35-6:20*		9:50-10:35
	6:25-7:10*		10:40-11:25*
	7:10-7:55*		11:30-12:15*
	7:10-7:55*		

*Classes held in the big gym.

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
	3:55-4:40		7:15-8:00
	4:45-5:30	Saturday	9:00-9:45
	5:35-6:20		9:50-10:35
	6:25-7:10		10:40-11:25
			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

6-11 year olds		11 year olds and up	
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 ½ - 12

1 pm - 4 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.

March 20 (TUE) March 21 (WED) • March 22 (THUR)
March 23 (FRI) • May 30 (WED) • May 31 (THUR)
June 1 (FRI)

**KIDS
DAY
OUT**

KIDS NIGHT OUT

Ages 3 - 12

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!

February 24 • March 3 • April 14 • April 28 • May 5
May 19

**KIDS
NIGHT
OUT**



2018 Spring Session

calendar

March 26, 2018 – May 24, 2018

FEBRUARY

16 (FRI): All Club Meet
17-18 (SAT-SUN): Land of Oz Invitational (see info)
19-24 (MON-SAT): Parents Week, Full Payment Due, Sign Up for Spring!
24 (SAT): Kids Night Out 6:30-9:30 pm

MARCH

3 (SAT): Backhandspring Clinic 1:15-2:30 pm
3 (SAT): Kids Night Out 6:30-9:30 pm
10 (SAT): Make-Up Day (see info)
12-17 (MON-SAT): Last Week of Winter Session
19-24 (MON-SAT): No Class
20 (TUE): Happy Spring Break!
21 (WED): Kids Day Out 1-4 pm
22 (THUR): Kids Day Out 1-4 pm
23 (FRI): Kids Day Out 1-4 pm
26-31 (MON-SAT): Kids Day Out 1-4 pm
1st Week of Spring Session

APRIL

6 (FRI): Team and Smurf Tryouts
7 (SAT): Backhandspring Clinic 1:15-2:30 pm
14 (SAT): Kids Night Out 6:30-9:30 pm
28 (SAT): Kids Night Out 6:30-9:30 pm
30-5 (MON-SAT): Parents Week, Full Payment Due, Sign Up for Summer Gymnastics, Swim Lessons and Summer Camps!!

MAY

5 (SAT): Kids Night Out 6:30-9:30 pm
12 (SAT): Backhandspring Clinic 1:15-2:30 pm
19 (SAT): Make-Up Day
19 (SAT): Kids Night Out 6:30-9:30 pm
21-24 (MON-THUR): Last Week of Spring Session
25-JUNE 3 (FRI-SUN): No Class – Happy Memorial Day!
29-JUNE 1 (TUE-FRI): #1 Swim Session (Short)
30-JUNE 1 (WED-FRI): Workout with Team Camp
30 (WED): Kids Day Out (1-4 pm)
31 (THUR): Kids Day Out (1-4 pm)

JUNE

1 (FRI): Kids Day Out (1-4 pm)
4-7 (MON-THUR): Summer Session Gymnastics, Swim Lessons and Camp Begin – Through August 9
4-7 (MON-THUR): #1 Summer Camp Session

PARENTS WEEK:

April 30 – May 5 (MON-SAT)

Watch your child's class. See what they've learned! Bring your camera and your family! Full payment is due at this time. Pay your \$10 deposit to hold your space for the Summer Session.

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!

March 3 • April 7 • May 12

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.

Workout with the WGC Team Girls and Coaches Camp

MAY 30 (WED) | May 31 (THUR) | JUNE 1 (FRI)
9:30 am – 12:30 pm | Girls ages 6 ½ up.

\$40 per day or \$100 for all 3 days

Ever wondered what it's like being on the WGC competitive team? Come have fun and train with the girls & coaches! Let's work hard and have a great time!

- * Wear a leotard: no shorts, T-shirts or 2-piece leotards
- * Wear hair up or in a pony tail
- * Bring a snack and swimsuit & towel to cool off after!

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. **Call 634-1900 or check at front desk to schedule.**

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.

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: _____