



Wichita Gymnastics

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

Welcome to Winter: January 15, 2018 - March 17, 2018

SIGN UP NOW for Winter SESSION!

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'll supply it all: obstacle course, zip line, maze and more! Plus, we'll 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)



MAKE-UP DAY:

Saturday, January 13 for #2 Fall
Saturday, March 10 for Winter



These are make-up days for the Fall and Winter Sessions. 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



ALL CLUB MEET - Ask for info! Friday, February 16 at Century II

At Century II Convention Center

For the sixth year, we are holding our 2017 ALL CLUB MEET on Friday, February 16. The meet is held 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 6:00 pm. "Regular" (6 1/2 and up) girls' and boys' classes, advanced classes and Smurfs are learning routines during part of the Winter Session. Ask us for more info! Gymnasts can compete on one or all events. **Everyone receives an award for their participation in the meet - this is a non-competitive meet!** More info coming...

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 the 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)

SEE MORE:

**Kids Night Out, Backhandspring
Clinic & Parent's Week Information**

See 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 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) • March 20 (TUE)
March 21 (WED) • March 22 (THUR) • March 23 (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!

**KIDS
NIGHT
OUT**

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!

December 9 • January 13 • January 27 • February 10
February 24 • March 3

PARENTS WEEK:

December 4-9 and February 19-24 (Both MON-SAT)
Come see what your child has learned! Bring your camera and your family! Full payment due Dec. 4-9 for #2 Fall Session and Feb. 19-24 for Winter Session. Pay your \$10 deposit to hold your space for the upcoming sessions.

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!

December 9 • January 20 • February 10 • March 3

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.



2018 Winter Session

calendar

January 15, 2018 – March 17, 2018

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):

1st 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

FEBRUARY

10 (SAT):

Backhandspring Clinic

1:15-2:30 pm

10 (SAT):

Kids Night Out 6:30-9:30 pm

16 (FRI):

All Club Meet 6 pm at

Century II

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

Happy Spring Break!

20 (TUE):

Kids Day Out 1-4 pm

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):

1st Week of Spring Session

JOIN US AT THE GLOBETROTTERS

Mark your calendars to watch our WGC team gymnasts perform at the Harlem Globetrotters halftime on February 3! Purchase tickets for \$22 by January 5 at the front desk!

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.**

BUY A HOLIDAY 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!

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: _____