



# Wichita Gymnastics Club


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

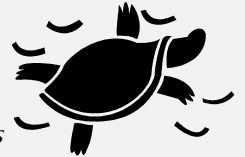
## Welcome to SUMMER: June 4-August 9, 2018

### SUMMER GYMNASTICS - SUMMER CLASS SCHEDULES ARE FLEXIBLE!

Yes! We have regular summer gymnastics classes, as well as many more fun summer activities. Plus, summer gymnastics classes are flexible! You have more class times to choose from in the summer - day OR evening! Plus, you can *make up all of your missed classes at your convenience!* For example, if you take 1-day per week, you can take all the classes in June or spread them out all summer. Check at the desk for times. *(There are no Saturday classes during Summer Session.)*

### SWIM AND GYM CLASSES

Your child (ren) will LOVE Swim and Gym classes – they can cool off with a fun-swim time (not lessons) after gymnastics! SWIM and GYM CLASSES are marked on the schedule with a . Classes include 30 minutes of swimming after gymnastics. Please add \$50 to regular tuition. The class ends at 12:55. *Please note: Enrolling in Swim and Gym is NOT required to sign up for these gymnastics class times. Swim and Gym Classes include: Mini Gym, Mighty Mini, Girls and Boys Gymnastics.*



### GIRLS SPECIAL SUMMER CLASS: Two 2-hour classes each week

Challenge girls 6 1/2 and older! They'll work hard and have more equipment time, conditioning, strengthening and stretching!

### MULTI-CLASS DISCOUNT

Keep your kids active and healthy this summer: Consider enrolling your gymnast in **twice-weekly** gymnastics sessions. The multi-class discount is per gymnast enrolling in more than one class per session - Keep your kids moving and having fun this summer!

### KIDS CAN SWIM IN THE SUMMER!

Kids can SWIM at our summer Kids Day Out and Kids Night Out! Run errands, catch a movie and more while Your kids have a great time! See inside this newsletter for dates/times.



### 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	See brochure or the
June 18-21	July 23-26	website for more info.
June 25-28	July 30-August 2	

**Need Friday activities?**

**Check out our Kids Day Out schedule!**

### Summer Swimming Lessons

Kids love swimming at WGC! Our saltwater pool is kept at 88-90 degrees for your child's comfort. Swim lessons are for 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.*

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

### OLYMPIC CHALLENGE: SAT, MAY 5

We're bringing back a favorite! **May 5** from 1:30-2:30 pm. The gym is set up with lots of Olympic-themed FUN activities for **2-6 year olds**. It gives our little ones a chance to "compete" too, although it is not a competition. Please bring a friend along and don't forget your camera! Admission is free with a donation of a canned food item we'll donate to charity. Gold medals for all! Members welcome. Non-members must sign liability waiver.

### 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

Tuesday	9:45-10:15 11:10-11:40 4:30-5:00 5:50-6:20	Wednesday	10:40-11:10 6:40-7:10 10:00-10:30 6:25-6:55
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### 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	6:40-7:25	Wednesday	11:15-12:00
Tuesday	10:20-11:05 5:00-5:45 6:25-7:10	Thursday	5:50-6:35 10:35-11:20 4:45-5:30
Wednesday	9:00-9:45		6:55-7:40

### 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	9:50-10:35 10:40-11:25  11:30-12:15 5:00-5:45 5:50-6:35 6:40-7:25*	Tuesday	7:10-7:55
		Wednesday	9:00-9:45* 9:50-10:35 5:00-5:45 6:40-7:25*
		Thursday	9:15-10:00
Tuesday	9:30-10:15* 11:10-11:55* 11:45-12:30 5:05-5:50* 5:55-6:40*		11:25-12:10 4:45-5:30* 5:35-6:20

### 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	9:50-10:35 10:40-11:25  11:30-12:15 5:00-5:45 5:50-6:35	Wednesday	9:50-10:35 10:40-11:25  11:30-12:15 5:00-5:45 5:50-6:35
Tuesday	10:20-11:05 12:00-12:45 4:15-5:00 6:45-7:30	Thursday	9:45-10:30 10:35-11:20 11:25-12:10 5:35-6:20 6:25-7:10

### Private Lessons - \$25/half hour

Available for tumbling and gymnastics. One student & 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.

### 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	 11:00-12:15 5:00-6:15 6:15-7:30	Wednesday	 11:00-12:15 5:00-6:15 6:15-7:30
Tuesday	9:30-10:45 10:45-12:00 4:15-5:30	Thursday	9:30-10:45 10:45-12:00 4:15-5:30


### Girls Special Summer Class - \$275

- 6 1/2 years old and up
- Girls who want extra time in the gym this summer.
- Your child will build strength and flexibility while increasing her time in the gym. These classes encourage your gymnast while working on her skills.

Monday and Wednesday	9:00-11:00
Tuesday and Thursday	5:30-7:30

### 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

Monday	5:30-6:45	Thursday	4:15-5:30
Wednesday	 11:00-12:15		

### 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	5:15-6:15	Monday	4:30-5:30
Tuesday	9:45-10:45	Wednesday	10:00-11:00
Thursday	10:45-11:45	Thursday	5:30-6:30

### 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!

Tuesday	4:30-5:30	Thursday	11:45-12:45
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**SWIM AND GYM CLASSES** are marked with a . These classes include 30 minutes of swimming after gymnastics. Please add \$50 to regular tuition. The class ends at 12:55s. Please note: Enrolling in Swim and Gym is NOT required to sign up for these gymnastics class times. Swim and Gym Classes include: Mini Gym, Mighty Mini, Girls and Boys Gymnastics.

## 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  
PLEASE SIGN UP IN ADVANCE!

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

KIDS  
DAY  
OUT



**\*Wear comfortable clothing. During the summer, KIDS CAN SWIM. So, IF you want your child to swim, please send a swim suit and towel.**

May 29 (TUE) • May 30 (WED) • May 31 (THUR)  
June 1 (FRI) • June 8 (FRI) • June 22 (FRI) • July 13 (FRI)  
July 27 (FRI) • August 10 (FRI)



## 2018 summer calendar

### MAY

5 (SAT):  
5 (SAT):  
12 (SAT):  
19 (SAT):  
19 (SAT):  
21-24 (MON-THUR):  
25-JUNE 3 (FRI-SUN):  
29-JUNE 1 (TUE-FRI):  
29 (TUE):  
30-JUNE 1 (WED-FRI):  
30 (WED):  
31 (THUR):

Olympic Challenge 1:30-2:30 pm  
Kids Night Out 6:30-9:30 pm  
Backhandspring Clinic 1:15-2:30 pm  
Make-Up Day  
Kids Night Out 6:30-9:30 pm  
Last Week of Spring Session  
No Class – Happy Memorial Day!  
#1 Swim Session (Short)  
Kids Day Out (1-4 pm)  
Workout with Team Camp  
Kids Day Out (1-4 pm)  
Kids Day Out (1-4 pm)

### JUNE

1 (FRI):  
2 (SAT):  
4-7 (MON-THUR):  
  
4-7 (MON-THUR):  
4-14 (MON-THUR):  
8 (FRI):  
11-14 (MON-THUR):  
15 (FRI):  
18-21 (MON-THUR):  
18-28 (MON-THUR):  
22 (FRI):  
23 (SAT):  
25-28 (MON-THUR):

Kids Day Out (1-4 pm)  
Kids Night Out (6:30-9:30 pm)  
Summer Session Gymnastics,  
Swim Lessons and Camp  
Begins – Through August 9  
#1 Summer Camp Session  
#2 Swim Session  
Kids Day Out 1-4 pm  
#2 Summer Camp Session  
Kids Night Out 6:30-9:30 pm  
#3 Summer Camp Session  
#3 Swim Session  
Kids Day Out 1-4 pm  
Kids Night Out 6:30-9:30 pm  
#4 Summer Camp Session

### JULY

2-6 (MON-FRI):  
9-12 (MON-THUR):  
9-12 (MON-THUR):  
13 (FRI):  
16-26 (MON-THUR):  
16-19 (MON-THUR):  
16-19 (MON-THUR):  
  
20 (FRI):  
23-26 (MON-THUR):  
27 (FRI):  
28 (SAT):  
30-Aug 2 (MON-THUR):  
30-Aug 2 (MON-THUR):

No Classes – Have a Safe 4<sup>th</sup>!  
#4 Swim Session  
#5 Summer Camp Session  
Kids Day Out 1-4 pm  
#5 Swim Session  
#6 Summer Camp Session  
Parents Week, Full Payment  
Due, Sign Up for #1 Fall  
Kids Night Out 6:30-9:30 pm  
#7 Summer Camp Session  
Kids Day Out 1-4 pm  
Kids Night Out 6:30-9:30 pm  
#8 Summer Camp Session  
#6 Swim Session

### AUGUST

3 (FRI):  
6-9 (MON-THUR):  
6-9 (MON-THUR):  
10 (FRI):  
13-18 (MON-SAT):  
18 (SAT):  
20-25 (MON-SAT):

Kids Night Out 6:30-9:30 pm  
Last Week of Summer Session  
#9 Summer Camp Session  
Kids Day Out (1-4 pm)  
No Classes  
Kids Night Out 6:30-9:30 pm  
First Week of #1 Fall Session  
Through October 20, 2018

## KIDS NIGHT OUT

Ages 3 - 11

Select evenings from 6:30 pm - 9:30 pm  
Cost: \$20 for 1 child, \$12 each sibling  
PLEASE 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



**\*Wear comfortable clothing. During the summer, KIDS CAN SWIM. So, IF you want your child to swim, please send a swim suit and towel.**

April 28 (SAT) • May 5 (SAT) • May 19 (SAT) • June 2 (SAT)  
June 15 (FRI) • June 23 (SAT) • July 20 (FRI) • July 28 (SAT)  
August 3 (FRI) • August 18 (SAT)

## BACKHANDSPRING CLINICS

For boys and girls ages 6 1/2 and up. Learn, or fine tune, a backhandspring while focusing on proper technique and safety using a variety of drills and progressions. For beginner through advanced gymnasts, tumblers and cheerleaders.

\$20 | Saturdays from 1:15 - 2:30 pm: 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!

## NEED SCHEDULING HELP?

We can help you combine swim lessons, summer camp, gymnastics, Kids Day Out and more to save you time and gas. Let us help you with your summer schedules. Check at the desk for more info!

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



Book the best birthday party in town! It will be 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! Ask about summer Swim and Gym parties! 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!

## Parent's WEEK: July 16-19 (Mon-Thur)

Watch your child's class! Bring your camera and your family! Full payment due for the Summer Session. Pay your \$10.00 deposit to hold your child's space for the #1 Fall Session.

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

**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. This is due for each gymnast upon registration, and your gymnast receives a WGC T-Shirt! 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. Please note: We'll add more classes if needed or cancel classes if not filled.

**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: \_\_\_\_\_