

Important Gymnastics Information

Dress Code

Bare legs and bare feet only. No tights or socks are allowed. Boys wear shorts and T-shirts only. No sweat pants. Girls wear a leotard but this is not required. Girls may wear shorts and T-shirts. No oversized T-shirts are allowed.

Stud earrings only. No dangling earrings are allowed. No necklaces, bracelets, or rings are allowed.

Hair must be worn up. If hair is not long enough to put in a ponytail please do not use clips or headbands made from hard material (i.e. metal/plastic) to hold the hair back, as they will pierce the child's head when rolling.

Class Times and Instructions

It is very important for your child to be on time for class. Warm ups and stretches are very important for a safe class.

Most of our classes are 50 minutes long. We space our classes ten minutes apart to allow for smoother transition and less traffic in the parking lot. Please be on time to pick up your child. It is a big distraction to have other students and parents coming and going after the next class has started.

Do not let your child enter the gymnastics room without an instructor in the room.

Please encourage your child to use the restroom before coming to class.

Do not allow your child on any of the gymnastics equipment without the approval of the instructor. Children often want to show off their new skills to their parents but this is not allowed after class unless the instructor gives special permission. We will have a special day for demonstrating new skills at the end of the season.

Parents and other adults are welcome to wait in the main lobby of the YMCA **but not in the gymnastics room**. It is difficult for some students to concentrate on instructions and activities with parents and others lingering in the gymnastics room.

Class Objective

Preschool classes are designed to help children develop their hand eye coordination, large motor skills as well as enhance their strength and balance. We often use games to promote this development and keep the children's interest.

Kindergarten-Middle School students will use a safe progression skills chart to help each child develop their gymnastics skills, coordination, balance, flexibility and self-esteem.

Please inform our gymnastics director if your child has any complaints about his/her class. This should be a very enjoyable experience for your child. Please allow us the opportunity to ensure that your child is happily making progress in his/her class.

Payments

Payments are due at the time of registration.