

WHAT TO EXPECT

GYMNASTICS IS A FUN, DYNAMIC AND EXCITING SPORT. As you enter the gymnastics facility this may be a new experience for many parents and athletes, unlike any other sport you may have participated in. Following are things to know as your experience begins.

- ▶ **GYMNASTICS IS BUSY.** Even during competitions there may be more than ten events going on at one time. During your child's experience they will be working stations (events) where their small group works one piece of equipment while other events and groups go on simultaneously. This may look chaotic, however, after a few short weeks the athletes will get used to the how busy it is. They will learn the much needed focusing skills that will enhance their development.
- ▶ **ROTATIONS** Each week your athlete will participate in a Warm-Up and all four events including Floor (Tumbling) and Vault, Uneven Bars and Balance Beam. This will prepare your athlete on all four Olympic events, teaching them the basics of the sport and preparing them to move up to an "accelerated class" or to competitive team.
- ▶ **GYMNASTICS IS A SPORT OF REPETITION AND PROGRESSIONS.** Your athlete will do a lot of basics and progressions leading to more advanced skills. For example, handstand work must be accomplished to move on to a back handspring, as shoulder strength is needed before tumbling can commence.
- ▶ **SOMETIMES IT STINKS. WELCOME TO THE GYM!** Although the gym is cleaned daily, the gym can sometimes have an unpleasant odor as a result of sweat from our athletes and the highly-used equipment. More than not, our gymnasts do not even notice it after they are fully engaged in their activity. We also use a lot of chalk—it is everywhere and can leave a white residue behind. High level gymnasts are in great need of chalk as it is the substance that keeps them from slipping and falling while doing high level skills and we therefore, encourage and support the use of chalk in our facility.

GYMNAST EXPECTATIONS

- ▶ Gymnasts should come to class in a leotard or shirt and shorts with bare feet and hair pulled back off the face. Avoid leotards with built in skirt as this can hinder the ability of coaches to spot.
- ▶ Gymnasts should arrive on time and be prepared to stretch, follow directions and participate in all activities.

PARENT EXPECTATIONS

- ▶ We have a Observation Room next door that has a live feed of our gymnastics center. This will be open all semester, but may not be available the first week of classes. Parents are not permitted inside the gymnastics center.
- ▶ During the hours of 3:00-7:30pm parents should drop their children off no more than five minutes before class time begins or wait in the Observation Room until your class is called into the gym. The Observation Room is always open with live feed TV's for you to watch your gymnast. This is a great time for parents to enjoy some personal time in the Y facility or run personal errands.
- ▶ **Parents are not permitted to stay in the gym and observe children during class as it can be distracting for athletes learning to focus and follow instructions. Parents are invited to the gym and watch our annual Christmas show in December and our Gold Medal Days in May.**

WHAT HAPPENS IF I MISS A CLASS? MAKE-UP POLICY

- › We offer make-up classes for missed classes. Our policy is **ONE MAKE-UP CLASS PER MONTH**. We encourage athletes to make up the missed class at one of our off-peak classes. These include any classes except M-TH 4:00 and 4:20 and Saturday at 9:20. No refunds after October 18th.

HOW DOES MY CHILD ADVANCE?

- › Each semester we will conduct evaluations to track each athlete's progress. These forms will tell you and your athlete exactly what skills they have achieved and what they can work on to advance to the next level. We have three class levels at the Y: Novice/Excel/Advanced. We also have Competitive Team, that runs from level 4-10 and Excel Gold and Platinum in the Junior Olympic Program. For those children looking to further develop, we also offer AAU Gymnastics competition (bronze, silver, gold, Platinum and Diamond) —which is a less intensive competitive format than the USAG track—the national standard and college development program. We reserve the right to at any time make changes to class/athlete levels.

› WHAT IF WE ARE NOT INTERESTED IN TEAM?

That is the beauty of gymnastics. It is a great foundational sport for any sport you play. Many of our athletes just like to tumble and have fun! We love this. So whether you are interested in building strength, flexibility, having fun with friends, tumbling for cheerleading or have an Olympic Dream—**It all starts here at the Y.**

SEASON PERFORMANCE CHRISTMAS SHOW / GOLD MEDAL DAYS

- › The last week of the semester brings special performances for parents to enjoy the hard work and dedication of their gymnasts. In the Fall, students will participate in the annual Christmas Show where they will wear a special Holiday Leotard and show you what they have been working on all semester! Each Spring gymnasts will have the opportunity to participate in a Mock Meet for Gold Medal Days where they will receive a "Gold Medal" and a competition leotard. The Christmas Show is December 7-12.

COMMUNITY GIFTS WEEK

- › Community Support Week happens each spring. Don't miss this week as "WE" make it happen.

GYMNASTICS MEETS

- › We typically host two gymnastics meets each year. This semester we will be closed on October 12 for our home gymnastics meet. We begin classes on a Saturday to make up for this cancelled class. Weekend classes will be cancelled during this time as the gym is reserved for competition. **We will be closed on November 27-29. The make up days for this is November 25 and 26. This has been calculated in our number of weeks and does not need to be made up at a later date.**



FOR YOUTH DEVELOPMENT®
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HARRIS FAMILY YMCA

GYMNASTICS: RECREATIONAL & ACRO

Class Details & Age Classification

GYMBEES: 5-6 YEAR OLD: Foundational gymnastic classes for girls. Step by step progressions through gymnastics skills on all 4 apparatus. Focus on listening skills, participation, developing courage and strength.

TUMBLERS: 7-8 YEAR OLD: Foundational gymnastic classes for girls. Step by step progressions through gymnastics skills on all 4 apparatus. Focus on trying harder skills, understanding coaching feedback as it relates to skill acquisition, continued focus on strength and new skill acquisition.

RECREATIONAL: 9-12 YEAR OLD: Foundational gymnastic classes for girls. Step by step progressions through gymnastics skills on all 4 apparatus. Focus on understanding how to take coaches feedback and make corrections quickly, continued focus on strength and new skill acquisition while trying more complicated and difficult skills to master.

EXCEL: 6-8 YEAR OLD: Class for gymnasts that have mastered the fundamentals of gymnastics and are ready for more complicated skills. Gymnasts will focus on pushing their limits on all 4 apparatus while actively demonstrating a motivation to achieve more. Continue focus on strength, flexibility, and open to encouraging and corrective coaches feedback to succeed.

*Must be approved by director or associate director to enroll

REC EXCEL: 9-12 YEAR OLD: Class for gymnasts that have mastered the fundamentals of gymnastics and are ready for more complicated skills. Gymnasts will focus on pushing their limits on all 4 apparatus while actively demonstrating a motivation to achieve more skills. Continue focus on strength, flexibility, and open to encouraging and corrective coaches feedback to succeed.

*Must be approved by director or associate director to enroll

ADVANCED: 6-13 YEAR OLD: Class for gymnasts that have mastered the fundamentals of gymnastics and are ready for more complicated and difficult skills. This class is designed to give gymnasts that have been invited to the Chalkettes competitive team or wish to work towards an invitation to the team extra time in the gym to prepare for the next step! More time and attention will be spent on each piece of equipment for skill development. *Must be approved by director or associate director to enroll.

JUNIOR CHALKETTES: 4-6 YEAR OLD: Class for young gymnasts that show and aptitude for gymnastics, a willingness, and ability to follow complicated direction in a high energy environment. This class is designed to prepare girls for advanced gymnastics or the Chalkette competitive team. *Must be approved by director or associate director to enroll.

BOYS GYMNASTICS: 5-10 YEAR OLD: Class for boys interested in traditional gymnastics. Step by step progressions through gymnastics skills on all 6 apparatus. Focus on listening skills, participation, developing courage, strength, flexibility and being open to coaches feedback.

NINJA WARRIOR: 6-12 YEAR OLD: Class for boys interested in learning the skills associated with traditional gymnastics but with a spin! This class will focus on speed, agility, learning to use your body in a powerful and controlled manner through various obstacles.

ACRO & TUMBLING: 6-16 YEAR OLD: Class for boys and girls interested in the discipline of gymnastics that focuses on floor tumbling and partner stunts with synchronized dance and tumbling. This class will address all skill levels and progress each student individually based on goals!

HOMESCHOOL: 5-14 YEAR OLD: Class that affords boys and girls time for both structured physical education through use of the gymnastics center and its equipment. Our unstructured free time is yours to explore and be creative—while exercising!

PRESCHOOL: 3-5 YEAR OLD: Class designed to offer a fun and engaging way to learn how to move little bodies and follow instruction and work nicely with friends. Gross motor development and coordination are two main objectives for our boy and girl gymnasts.

For more information or questions please contact:

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