



YMCA GYMNASTICS 2018-2019

We are very excited to have you aboard and are looking forward to a great season!

About our program: Our program is a progressive gymnastics program based on USA Gymnastics Skill Levels used for competitive gymnastics. All gymnasts will be taught the basics of stretching, tumbling, and general gymnastics. Every class will also utilize the floor, vault, uneven bars, and balance beam. As each gymnast's skill level increases, they will progress to more difficult skills. Although we continually evaluate students and may move them up a level at any time, we generally test skills at the end of each session to determine class level for the next session. If you feel your child is in a class too elementary or too advanced for their skill level, please discuss this with their instructor.

Getting ready for class:

- For safety reasons we require all gymnasts to wear a leotard or form fitting shorts/shirts. Leotards/clothing should cover gymnasts torso. No dance skirts can be attached to the leotard, and no tights or socks can be worn.
- All longer hair or hair that is in the eyes must be secured back from the face. No big bows or hard hair accessories can be worn.
- The only jewelry allowed will be stud earrings.
- Please remind all students to use the restroom before class begins. Please note that YMCA employees are not permitted to take children to the restroom.
- Cubbies are provided in the gymnastics area to store personal belongings. Please remember to take all items with you after class.

During class: WE DISCOURAGE PARENTS FROM STAYING FOR CLASS. We have found that most children perform better without close parental supervision. If you feel the need to stay for class, please discuss this in advance with your child's instructor. NO FOOD, DRINK, OR GUM in the gymnastics area. We expect good behavior and respect from all gymnasts and utilize a discipline policy below when necessary to avoid disruption to classmates.

YMCA Gymnastics Discipline Policy: Discipline problems will arise from time-to-time in a setting with young students. Failure to listen to or respect the instructor or fellow classmates not only displays poor character, but it also interrupts class time and hinders the progress of other students. To minimize the disruption of class and to encourage all students to develop a good understanding of the YMCA core values (faith, caring, honesty, respect, and responsibility), the following discipline policy will be followed for instances of poor behavior:

First offense: Student will receive a verbal warning

Second offense: Student will receive a 5-min. timeout and/or physical exercises (ex: 15 push-ups)

Third offense: Student will be required to meet with the Program Director or Executive Director before being allowed to return to class.

If you have any questions or concerns about this policy, please ask your child's instructor or the Program Director.

After class: At the end of class, students should stay in the gymnastics area with their instructor, where a parent or guardian will come in the YMCA to pick them up. Children should NOT meet their rides outside the facility.

Other Important Reminders: If Macon Public School is cancelled or dismisses early **due to inclement weather ONLY**, YMCA gymnastics is also cancelled. Makeup classes will be announced by your teacher.

No students should be on any of the gymnastics equipment unless one of our gymnastics staff is supervising. This includes before class, after class, and the middle of the day when no one is there.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.