

REGISTER HERE

Please Print Legibly. Program Fees are monthly and will continue each month if you sign up for EFT Drafts. Cancellations should be made 30 days in advance. Otherwise, you will need to register each month.

PARTICIPANT FIRST & LAST NAME

D/O/B _____ Age _____

Gender (check one) ☐ M ☐ F ☐ Unspecified

Address _____

City _____ Zip _____

Phone _____

Check your Weekly Practice Option

☐ 4 Hours \$105/Month

☐ 6 Hours \$140/Month

☐ 8 Hours \$175/Month

☐ 9 Hours \$190/Month

☐ Check if you would like to sign up for our Monthly EFT Draft. A separate form will need to be filled out.

Contact Person Information:

*all communications will be sent to the following:

Name _____

Phone _____

Email _____

D/O/B _____

I hereby consent to participate in this program and agree to release the Rocky Mount Family YMCA, Inc. from any claims that may arise from injuries suffered while participating in the program. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature _____

Date _____

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
ROCKY MOUNT, NC
PERMIT NO. 290

HARRISON FAMILY YMCA
1000 Independence Drive
Rocky Mount, NC 27804
P 252-972-9622
harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HARRISON FAMILY YMCA



COMPETITIVE GYMNASTICS TEAM

Learn to love the sport of gymnastics at the Y. Competitive Gymnastics helps youth value hard work, reach for excellence and enjoy spirited competition, all while making new friends, improving skills, and being active at the Y!

This is a year round program for competitive gymnasts who wish to compete against outside teams and gymnasts.

HOW TO SIGN UP

You may complete this registration form once you have completed and passed an evaluation.



SEASON SCHEDULE

Practice runs year round on the following schedule with various practice time options available for registration, once the gymnast has been accepted onto the team.

You will register and pay a monthly fee for the number of hours you would like to practice each week. The Coordinator will keep track of your practice hours throughout the program.

The Coordinator will give participant and parent specific meet details as they become available.

WEEKLY SCHEDULE

Gymnasts may attend during any of the following days and times listed below, as long as you don't exceed your registered number of hours.

Day Each Week	Times Each Week
Mondays	4:30 - 7:30 p.m.
Wednesdays	4:30 - 7:30 p.m.
Fridays	4:30 - 7:30 p.m.

REGISTRATION OPTIONS

Practice Options	Monthly Fee
4 Hours/Week	\$105
6 Hours/Week	\$140
8 Hours/Week	\$175
9 Hours/Week	\$190

INFO TO KNOW

- All Gymnasts are required to have a YMCA Membership.
- There is a \$5/Month discount for each additional child that registers within your household.
- Healthy snacks will be provided to gymnasts through the Cape Fear Food Program.
- 15% of program fee will be non-refundable should the registration be cancelled by the participant.
- \$10 fee will be charged for returned payments.
- ONLY Participants and coaches are allowed in program areas. All observers must remain outside of the program areas.
- No food or drink is allowed in the program areas.
- Proper attire:
 - Leotard or t-shirt and shorts/leggings
 - Dance Shoes or Bare Feet
 - No Sneakers
 - Hair should be tied back
- **REFUNDS & CANCELLATIONS:** If canceled by the Y, a 100% refund will be processed. If canceled by participant, 15% of the program fee will be non-refundable. If a class is canceled due to weather or other uncontrollable circumstances, a makeup class or future credit will be offered. Missed classes due to illness, scheduling conflicts, vacations and other activities will not rescheduled or refunded.

SIGN IN & OUT POLICY

For all youth programs, ages 10 and under have to be signed in and out by an authorized parent/guardian. See program instructor for sign in/sign out procedures.

FINANCIAL ASSISTANCE

Financial Assistance is available to those who apply and qualify. Annual Campaign Funds are raised by staff and volunteers each year to help provide this program to the community. Please ask for a financial assistance form at the front desk or download and print from our website.

READY TO TRY OUT FOR THE TEAM?

E-mail Vicky Mayer at vmayer@rmymca.org or call 252-972-9622 ext. 255 to set up a time.