



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILD SKILLS & MEMORIES

Gymnastics Events

Whether you are a cheerleader, dancer, gymnast or just interested in building friendships and skills, these events are for you! REGISTRATION IS REQUIRED FOR ALL EVENTS THE THURSDAY BEFORE!

LOCK-INS

Parents, enjoy a night out to yourselves while your little gymnasts spend the night at the Y! Gymnasts will participate in games, gymnastics activities, movies and more! The purpose of the lock-in is to also allow our recreational and team participants to come together and have fun, while making life-long friends and memories.

- | | |
|--|------------------|
| Sep. 27th - 28th, 2019 | Team Only |
| Nov. 22nd - 23rd, 2019 | Community |
| April 24th - 25th, 2020 | Team Only |
| June 19th - 20th, 2020 | Community |

TIME: 7:30pm - 7:30am
FEE: \$25/participant
AGE: 5-16

*Snacks & drinks provided.

*Please bring your own blankets, sleeping bags and pillows.



OPEN GYM EVENTS

This is an excellent opportunity to practice skills learned in gymnastics class in a safe, fun environment at your own pace.

- Nov. 2nd, 2019**
- May 2nd, 2020**
- August 1st, 2020**

TIME: 10am - 12pm

FEE: \$10/YMCA Members | \$15/Community Members

AGE: 5-15



TUMBLING CLINICS

This is a one hour event with tumbling stations and a trampoline for people to work on their tumbling skills.

- Oct. 26th, 2019**
- Feb. 29th, 2020**
- July 25th, 2020**

TIME: 10am - 11am

FEE: \$10/YMCA Members | \$15/Community Members

AGE: 5 & up



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

REGISTER HERE!

Parent/Contact Person _____ D/O/B _____

Address _____

Email _____ Phone _____

Emergency Contact _____ Phone _____

Child 1 First and Last Name _____ D/O/B _____

Child 2 First and Last Name _____ D/O/B _____

Child 3 First and Last Name _____ D/O/B _____

Child 4 First and Last Name _____ D/O/B _____

SCHEDULE

(Please check which event you are registering for below)

- | | |
|---|--------------------------|
| <input type="checkbox"/> Sep. 27th - 28th, 2019 | Team Only Lock In |
| <input type="checkbox"/> Nov. 22nd - 23rd, 2019 | Community Lock In |
| <input type="checkbox"/> April 24th - 25th, 2020 | Team Only Lock In |
| <input type="checkbox"/> June 19th - 20th, 2020 | Community Lock In |
| <input type="checkbox"/> November 2nd, 2019 | Open Gym Event |
| <input type="checkbox"/> May 2nd, 2020 | Open Gym Event |
| <input type="checkbox"/> August 1st, 2020 | Open Gym Event |
| <input type="checkbox"/> Oct. 26th, 2019 | Tumbling Clinic |
| <input type="checkbox"/> Feb. 29th, 2020 | Tumbling Clinic |
| <input type="checkbox"/> July 25th, 2020 | Tumbling Clinic |

WAIVER OF LIABILITY: I understand and agree that the Rocky Mount Family YMCA, Inc. (d/b/a Harrison Family YMCA) nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. 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 _____