

# REGISTER HERE

Please Print Legibly.

## PARTICIPANT FIRST & LAST NAME

D/O/B \_\_\_\_\_ Age \_\_\_\_\_

Gender (check one)  M  F  Unspecified

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

### Check the class(es) you are registering for.

- Starter Camp Week of July 5th
- Starter Camp Week of July 19th
- Starter Camp Week of August 2nd
- Advanced Camp Week of June 28th
- Advanced Camp Week of July 12th
- Advanced Camp Week of July 26th
- Advanced Camp Week of August 9th

### Check shirt size.

Youth:  XS  S  M  L

Adult:  S  M  L

- Check if you would like to sign up for our Weekly 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

# STRONGER GYMNASTS

Summer Gymnastics Mini Camp  
HARRISON FAMILY YMCA



## ABOUT SUMMER GYMNASTICS MINI CAMP

This mini camp will help your gymnast further their gymnastics skills in a welcoming and fun atmosphere. There are various weeks and experience levels available to choose from and outlined below.

### DATES & LEVEL OPTIONS

#### Starter Camp Weeks

- For beginner levels
- Week of July 5th
- Week of July 19th
- Week of August 2nd

#### Advanced Camp Weeks

- For intermediate to advanced levels - must be able to do a forward and backward roll, cartwheel, handstand, and backbend
- Week of June 28th
- Week of July 12th
- Week of July 26th
- Week of August 9th



### DAILY SCHEDULE FOR BOTH LEVEL CAMPS

#### Mondays - Thursdays from 9 a.m. - 12 p.m.

\*On Thursdays only from 12-1, there will be a Parent Showcase where parents can view their child's progression from that week.

- 9-9:30 stretching
- 9:30-10:30 skills training (conditioning, vault, beam, bars, floor, tumbling)
- 10:30-11 snack break (snacks provided)
- 11-12 skills training (conditioning, vault, beam, bars, floor, tumbling)

### WEEKLY FEES

- \$100/Week



### AGES

3 and up

### INFO TO KNOW

- 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: \*No attire requirement for beginner classes
  - Leotard
  - Bare Feet
  - Hair should be tied back

### 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.

### REGISTRATION

You may register by filling out the form in this brochure or online at [harrisonfamilyY.org/programs](http://harrisonfamilyY.org/programs)

### 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.

