

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

Beginner Gymnastics (select 1 option below)

- Tues 3:30-4:30  Tues 6:30-7:30  Thurs 4:30-5:30  
 Thurs 5:30-6:30

Intermediate Gymnastics (select 1 option below)

- Tues 4:30-5:30  Tues 5:30-6:30  Thurs 6:30-7:30

Gymnastics Pre-Team (select 1 option below)

- Mon 4:30-6:30  Wed 4:30-6:30

Gymnastics Private Lessons \*Schedule w/ coach

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

# BALANCE COORDINATION CONFIDENCE

Recreational Youth  
GYMNASTICS

HARRISON FAMILY YMCA



## RECREATIONAL GYMNASTICS

Positive, fun activities that develop athletic ability, advance social development, and strengthen interpersonal skills. Gymnastics classes at the Y are designed to do just that! Build strength and flexibility, enhance fine and gross motor skills, and cultivate creativity, all in a caring and constructive environment.

### DEVELOPING CHARACTER

All of our programs focus on developing the character traits of **Honesty, Caring, Respect and Responsibility**. Staff also work with youth through the following practice areas:

#### 1. EMOTION MANAGEMENT

Adults support youth to be aware of and constructively handle both positive and challenging emotions.

#### 2. EMPATHY

Adults work with youth to relate to others with acceptance, understanding, and sensitivity to diverse perspectives and experiences.

#### 3. PERSONAL DEVELOPMENT

Adults encourage youth to act, persist, and initiate goals and outcomes even through the ups and downs of difficult situations and challenges.

#### 4. RELATIONSHIP BUILDING

Adults foster experiences where youth plan, collaborate, and coordinate action with others.

#### 5. RESPONSIBILITY

Adults develop youth to be reliable and committed and to fulfill obligations and challenging roles.

### AGES

3 and up



| Class   | Days/<br>Times                      | Monthly<br>Fees                                    | Location           |
|---|-------------------------------------|--|--------------------|
| Beginner<br>Gymnastics<br>(Develop<br>basic skills)<br>*4 options             | Tuesdays<br>3:30-4:30               | \$35/Y<br>Members<br>\$40/<br>Community<br>Members | Gymnastics<br>Area |
|   | Tuesdays<br>6:30-7:30               |  |                    |
|   | Thursdays<br>4:30-5:30              |  |                    |
|   | Thursdays<br>5:30-6:30              |  |                    |
| Intermediate<br>Gymnastics<br>(rolls, limber,<br>handstand)<br>*3 Options     | Tuesdays<br>4:30-5:30               | \$35/Y<br>Members<br>\$40/<br>Community<br>Members | Gymnastics<br>Area |
|   | Tuesdays<br>5:30-6:30               |  |                    |
|   | Thursdays<br>6:30-7:30              |  |                    |
| Gymnastics<br>Pre-Team<br>(walkovers,<br>tucks,<br>handsprings)<br>*2 Options | Mondays<br>4:30-6:30                | \$65/Y<br>Members<br>\$75/<br>Community<br>Members | Gymnastics<br>Area |
|   | Wednesdays<br>4:30-6:30             |  |                    |
| Gymnastics<br>Private<br>Lessons  | Schedule<br>this with<br>your coach | \$30/Y<br>Members<br>\$40/<br>Community<br>Members | Gymnastics<br>Area |

### 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 or t-shirt and shorts/leggings
  - 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.

### 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.