

# 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 Dance (Ballet/Tap/Jazz) Thurs 3:30-4:30

Beginner Gymnastics Tues 3:30-4:30

Intermediate Dance (Hip-Hop/Jazz) Thurs 6:30-7:30

Intermediate Gymnastics (select 1 option below)

Tues 4:30-5:30  Tues 5:30-6:30

Advanced Dance (Ballet/Lyrical/Pointe) Mon 5:30-7:00

Advanced Dance (Tap) Wed 4:00-5:00

Clogging Tues 6:30-7:30

Gymnastics Private Lesson (1 hr.) \*Schedule w/ coach

Gymnastics Pre-Team (select 1 option below)

Mon 3:30-5:30  Wed 5:00-7:00  Thurs 4:30-6:30

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 \_\_\_\_\_

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



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BALANCE COORDINATION CONFIDENCE

Recreational Youth  
DANCE & GYMNASTICS

HARRISON FAMILY YMCA



## RECREATIONAL DANCE & GYMNASTICS

Positive, fun activities that develop athletic ability, advance social development, and strengthen interpersonal skills. Dance and 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.

### HEALTH & SAFETY

Policies and procedures are updated and enhanced to ensure safety for all during COVID-19.

- Dancers and Gymnasts are required to wear masks at all times.
- Dancers, Gymnasts, and parents are screened before entering the facility.
- Dancers and Gymnasts are required to sanitize their hands before practice and during transitions (like snack time) when handwashing isn't available.
- Social distancing is also enforced.
- Gymnastics mats and equipment are cleaned and sanitized regularly by staff.

### 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.



Class	Days/ Times	Monthly Fees	Location
<b>Beginner Dance</b> (Ballet/Tap/Jazz)	Thursdays 3:30-4:30	\$35/Y Members \$40/Community Members	Racquetball Court 2
<b>Beginner Gymnastics</b> (Develop basic skills)	Tuesdays 3:30-4:30	\$35/Y Members \$40/Community Members	Gymnastics Area
<b>Intermediate Dance</b> (Hip-Hop/Jazz)	Thursdays 6:30-7:30	\$35/Y Members \$40/Community Members	Racquetball Court 2
<b>Intermediate Gymnastics</b> (rolls, limber, handstand) *2 Options	Tuesdays 4:30-5:30 Tuesdays 5:30-6:30	\$35/Y Members \$40/Community Members	Gymnastics Area
<b>Advanced Dance</b> (Ballet/Lyrical/Pointe)	Mondays 5:30-7:00	\$50/Y Members \$60/Community Members	Family Gym
<b>Advanced Dance</b> (Tap)	Wednesdays 4:00-5:00	\$35/Y Members \$40/Community Members	Racquetball Court 2
<b>Clogging</b>	Tuesdays 6:30-7:30	\$35/Y Members \$40/Community Members	Racquetball Court 2
<b>Gymnastics Private Lessons</b>	Schedule w/ coach. Lessons & fees are for 1 hr.	\$30/Y Members \$40/Community Members	Gymnastics Area
<b>Gymnastics Pre-Team</b> (walkovers, tucks, handsprings) *3 Options	Mondays 3:30-5:30 Wednesdays 5:00-7:00 Thursdays 4:30-6:30	\$65/Y Members \$75/Community Members	Gymnastics Area

### COMBINATION DANCE CLASSES

Classes with more than one category of dance will incorporate an equal amount of time for each category every practice day.

### 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 or t-shirt and shorts/leggings
  - Dance Shoes or Bare Feet
  - No Sneakers
  - 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.

