

# 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.

- ☐ Beginner: June 12th - 15th
- ☐ Beginner: June 26th - 29th
- ☐ Beginner: July 10th - 13th
- ☐ Beginner: July 24th - 27th
- ☐ Beginner: August 7th - 10th
- ☐ Intermediate/Advanced: June 19th - 22nd
- ☐ Intermediate/Advanced: July 17th - 20th
- ☐ Intermediate/Advanced: July 31st - August 3rd
- ☐ Intermediate/Advanced: August 14th - 17th

### 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 Camps  
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

**Beginner Camp Options:** for gymnasts that want to develop basic skills

- June 12th - 15th
- June 26th - 29th
- July 10th - 13th
- July 24th - 27th
- August 7th - 10th

**Intermediate/Advanced Camp Options:** for gymnasts that are able to do rolls, limbers, cartwheels and handstands

- June 19th - 22nd
- July 17th - 20th
- July 31st - August 3rd
- August 14th - 17th



### DAILY SCHEDULE FOR BOTH LEVEL CAMPS

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

\*On Thursdays camp hours will be 9 a.m. - 1 p.m. during the last hour 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

- \$105/Week



### AGES

Kindergarten to 18 years old\*

\*Based on grade in August 2023

### 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
- No shoes or socks are allowed in the gymnastics area, cubbies are provided to hold your belongings during class - please only bring what you need.
- No long jewelry is allowed
- Leotard or t-shirt and shorts/leggings
- 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. (Sign In-out is located on the blue cubbies)

### 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.