

# 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/Intermediate: July 7th - 10th
- ☐ Beginner/Intermediate: July 21st - 24th
- ☐ Beginner/Intermediate: August 4th - 7th
- ☐ Intermediate/Advanced: June 9th - 12th
- ☐ Intermediate/Advanced: July 14th - 17th
- ☐ Intermediate/Advanced: July 28th - 31st
- ☐ Intermediate/Advanced: August 11th - 14th

## 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 and/or illness 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

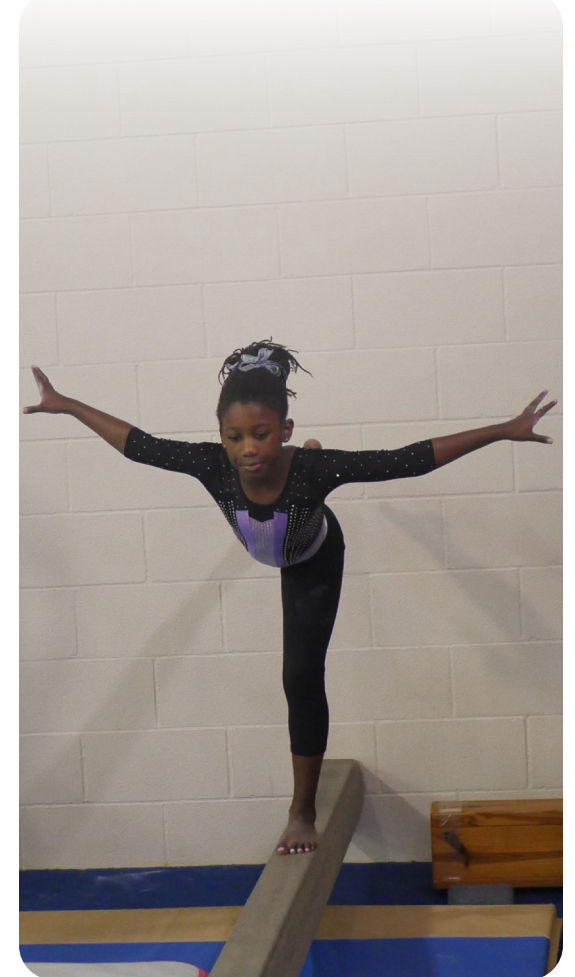
HARRISON FAMILY YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
P 252-972-9622  
harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER GYMNASTS

Summer Gymnastics Mini Camps  
HARRISON FAMILY YMCA

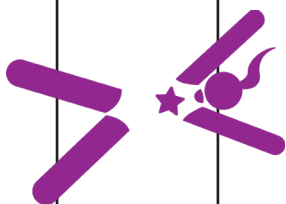


## ABOUT SUMMER GYMNASTICS MINI CAMP

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.

### LEVELS AND DATE OPTIONS

| Level                     | Date Options  |
|---------------------------|---|
| Beginner/<br>Intermediate | July 7th – 10th<br>July 21st – 24th<br>August 4th – 7th                       |
| Intermediate/<br>Advanced | June 9th – 12th<br>July 14th – 17th<br>July 28th – 31st<br>August 11th – 14th |



**WEEKLY FEES**  
**\$105/MEMBERS**  
**\$125/NON-MEMBERS**

## ABOUT SUMMER DAILY SCHEDULE FOR BOTH LEVEL CAMPS

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

\*On Thursdays from 11:15 – 12, there will be a Parent Showcase where parents can view their child's progression from that week.

- 9:00 Dropoff
- 9:00–9:20 Warm Up and Games
- 9:20–9:50 1st event (Floor)
- 9:50–10:20 2nd event (Bars)
- 10:20–10:35 Snack Break (snack provided)
- 10:40–11:10 3rd event (Beam)
- 11:10–11:40 4th event (Vault)
- 11:40–12:00 Games and Stretches

## AGES/REQUIREMENTS

### Beginner/Intermediate

Age: 4.5 and up\*

\*Must be potty trained and able to listen and respond to verbal cues independently

Experience

**Beginner:** No experience required

**Intermediate:** Rolls, Handstands and Cartwheels. Not required but preferable

### Intermediate/Advanced

Age: 5 and up\*

\*5 years old must be approved to attend this camp

Experience

No help needed for any of the skills listed

Floor: Forward and Backward rolls, Handstand, Cartwheels and backbend.

Beam: All walk on high beam along (Walk forward/ side/backwards, front and back kicks, relieve walks)

Bars: Front support, cast, front roll

## 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
- Bring a water bottle – a snack will be provided
- 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 and out of face

## 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.