

GYMNASTICS REGISTRATION FORM

Class Name _____ Month _____

Child's Name _____

Sex _____ Age _____ DOB _____

Address _____

City, State, Zip _____

Home Phone _____

Emergency Phone _____

*All communications will be sent to the contact person listed below.

Contact Name _____

D/O/B _____

Email Address _____

Phone _____

Address _____

City, State, Zip _____

Documentation of Notification

I certify that I have been notified of the risks that I assume when my child/ward is participating in the gymnastics program.

Parent's Signature: _____

Date: _____

Authorization for consent of treatment of a minor

The undersigned, as a parent or legal guardian of the child/ward registered on this form, hereby authorizes the Harrison Family YMCA and its delegated leaders, directors and instructors to consent to any medical and hospital care to be rendered to said minor upon the advice of a licensed physician (which may not be the family doctor). It is understood that if time and circumstances reasonably permit, the Harrison Family YMCA will endeavor, but is not required to communicate with me prior to such treatment. The undersigned further agrees that the Harrison Family YMCA and its designated leaders, directors and instructors are not legally or financially liable for any claim arising from any consent given in good faith in connection with such diagnosis or advised treatment. This authorization and consent of treatment of a minor is given in good faith in connection with any authorized event and shall remain effective until revoked in writing and delivered to authorized Harrison Family YMCA representatives.

I have read and understand the above statement.

Parent/Guardian Signature _____

Date _____

Medical Insurance Company _____

Policy # _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRETCH YOUR LIMITS

RECREATIONAL
GYMNASTICS

HARRISON FAMILY YMCA

August 2016-July 2017



Harrison Family YMCA
1000 Independence Drive
Rocky Mount, NC 27804
252-972-9622
harrisonfamilyY.org



SESSION DATES

Session 1	August 1-31
Session 2	September 1-30
Session 3	October 3-31
Session 4	November 1-30 (no class 21-25) *pro-rated month
Session 5	December 1-31 (no class 19-26) *pro-rated month
Session 6	January 2-31
Session 7	February 1-28
Session 8	March 1-31
Session 9	April 3-28 (no class 17-21) *pro-rated month
Session 10	May 1-31
Session 11	June 1-30
Session 12	July 3-31 (no class July 4) *pro-rated for Tuesday classes

*Class times are subject to change due to enrollment.

Developmental Class Schedule & Fees	Fee* Member/ Non-Member	Day	Time
Parent & Tot (18 months-3 years; parent must attend with gymnast)	\$26/\$30	Thurs	5:00-5:30PM
Preschool (3-5 years old; no parents in class)	\$35/\$40	Thurs	5:45-6:30PM
Beginner (5 years old and up; no prior gymnastics required)	\$35/\$40	Tues	5:15-6:00PM
	\$35/\$40	Thurs	6:45-7:30PM
Intermediate (5 years old and up; some prior gymnastics required)	\$40/\$45	Tues	6:30-7:30PM
Advanced (5 years old and up; some prior gymnastics required)	\$50/\$55	Mon	6:00-7:30PM
Parkour (Drop In) (8 years old and up)	\$6/\$7 per day	Tues	7:30-8:30PM

*Fee is per 1 month session. Shorter sessions will have a reduced rate.

CLASS GUIDELINES:

- **MANDATORY**– Parent/Guardian Sign In/Sign out required.
- Plan to arrive and pick up your child on time.
- **ONLY** participants and coaches allowed in gymnastics area.
- All observers must remain outside of gymnastics area.
- No food or drink allowed in gymnastics area or basketball courts.
- No Gum allowed
- Proper gymnastics attire:
- Girls—leotard or shorts and tee shirt
- Boys—shorts/pants and tee shirt
- Socks or bare feet only.
- No shoes.
- Hair tied back.

OTHER INFO TO KNOW

Note: To ensure the appropriate number of instructors, registration is due by the 25th of the month prior to the session. If you register the day of the class, you must pay before bringing your child to the gym. In order for your child to participate, present your receipt to the instructor.

Refund Policy: If the class is cancelled by the YMCA, a 100% refund will be processed. In the case of cancellation by the participant, 15% of the program fee will be non-refundable.

Gymnastics like any other athletic activity involving bodily motions that subject the body to contact with other objects that don't move, involves the risk of injury. Participants CAN be injured and the nature of these injuries can be serious. These injuries may include, but are not limited to torn ligaments and broken bones. Paralysis or death can result from landing improperly on your head or neck. These are risks that you assume when participating in a gymnastics program. Our staff is trained and follow lesson plans which are age appropriate and have safety in mind.

HERE FOR EVERYONE- Financial Assistance Program: Financial Assistance is available to those who apply and qualify. Annual Support Campaign Funds are raised each year to help provide this program to the community. Please ask for a confidential financial assistance form at the front desk, if needed.

ABOUT RECREATIONAL GYMNASTICS

DEVELOPMENTAL CLASSES (AGES 3 & UP)

All classes follow USA Gymnastics Skill Progressions for safety and proper skill development. The primary focus is the safety of all participants. Additionally, developmental classes combine fun activities along with age appropriate skills. These classes are taught in a fun and creative way to encourage a healthier mental, physical and emotional lifestyle for the participants. In addition to skill development, classes also include character trait education including persistence, independence, problem solving and decision making. To help develop a positive self-image, students are taught to break down goals into manageable steps instead of huge overwhelming objectives that can bring failure and frustration.

All coaches are USA Gymnastics members and hold a USA Gymnastics Instructor Certification. Our coaches are role models picked carefully to provide you with the most positive, encouraging influences for your child. Coaches are chosen not by their gymnastics trophies, but by their CHARACTER. They're energetic, imaginative beings, knowledgeable in what gets children excited to learn and want to learn more.

PARKOUR, FREE RUNNING & OPEN TUMBLING

Parkour is a training discipline using movement that aims to get from point A to point B in the most efficient way possible. Free running is the art of expressing oneself in his or her environment without limitation of movement. Athletes move using only their bodies and their surroundings to propel themselves. These classes can include obstacle courses, running, climbing, swinging, vaulting, jumping, rolling, and the like, depending on what movement is deemed most suitable for the given situation. The goal is to try to maintain as much momentum as is possible in a safe manner.

COMPETITIVE GYMNASTICS TEAM & PRE-TEAM



USA GYMNASTICS.

The Harrison Family YMCA competes in the USA Gymnastics Xcel Program. Gymnasts are invited to the team based on abilities in strength, flexibility and skill level. See separate Team brochure for more details.

GYMNASTICS BIRTHDAY PARTIES ARE ALSO AVAILABLE.

For additional information, please contact Kyree Bethel at 252-972-9622 ext. 227 or kbethel@rmymca.org

