

Session 5
7 weeks
April 28th-June 14th
Member Registration: 4/14
Public Registration: 4/21

Class Descriptions

Parents and Tumble Tots (2-3 years old)

This class is designed to introduce children to gymnastics in a fun obstacle course type environment. This class requires one grownup who will lead and participate in the class along with the child.
 Member: \$46 Public: \$90

Pre-school (4-5 years old)

Children will work on balance, movement and hand-eye coordination in a fun and safe environment. They will also learn the fundamentals of vault, bars, beam, and floor. Child participates independent of the parent.
 Member: \$70 Public: \$135

Girl's Instructional (Kindergarten and up)

Girls learn foundational gymnastics skills on each apparatus, including vault, uneven bars, balance beam, and floor. Child must attend Kindergarten to participate.
 Member: \$91 Public: \$180 *Monday class Member: \$78 Public: \$155

Girl's Pre-Team Level 1 (Invitation Only)

This class is for girls who are expressing further interest in progressing in foundational skills from the instructional
 Class. Member: \$91 Public: \$180 *Monday Class Member: \$78 Public: \$155

Girl's Pre-Team Level 2 (Invitation Only)

This class is for those that have mastered the Pre-team 1 class.
 Member: \$138 Public: \$270

Boy's Instructional (6 and up)

Learn foundational gymnastics skills on each apparatus; including floor, vault, Parallel bars,rings, high bar and pommel horse
 Member: \$91 Public: \$180

Boy's Advanced (Invitation Only)

This class is for boys who are expressing further interest in progressing in gymnastics and have mastered the foundational skills from the instructional class. Member: \$138 Public: \$270

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.-10:00 a.m					*ALL FRIDAY CLASSES ENTER THROUGH ELM ST ENTRANCE*	Pre-School 9:00-9:45
10:00 a.m.-11:00 a.m.						Tumble Tots 10:00-10:30
11:00 a.m.-12:00 p.m.						Girl's Instructional 10:45-11:45
12:00 p.m.-1:00 p.m.						
1:00 p.m.-2:00 p.m.						
3:00 p.m.-4:00 p.m.						
4:00 p.m.-5:00 p.m.	Girl's Instructional 4:30-5:30 Girl's Pre-Team 1 4:30-5:30		Girl's Instructional 4:30-5:30	Girl's Pre-Team 1 4:30-5:30	Boy's Advanced 4:00-5:30	Tumble Tots 4:00-4:30
			Boys Instructional 4:30-5:30			Pre-school 4:35-5:20
5:00 p.m.-6:00 p.m.	*No class on Monday, May 26th	Girl's Instructional 5:00-6:00				
		Boys Instructional 5:00-6:00				
6:00 p.m.-7:00 p.m.						Girl's Instructional 5:30-6:30
						Girl's Pre-Team 1 5:30-6:30
						Girl's Pre-team 2 5:45-7:15



Follow the QR code to sign up, or call and register through our Welcome Center at (607) 432-0010 opt. 9.
 For any questions, or more information please email Jenn Scott at:
oneontaymcagymnastics@gmail.com



Gymnastics Class Rules

***Please arrive on time for class.**

Your child should be dressed and ready to go on time. Please make sure your child's hair is pulled back.

***Please have your child use the bathroom before class.**

This eliminates them from missing precious class time. Our instructors can not leave the gym to accompany your child to the bathroom.

***No Jewelry Allowed**

***No clothing with snaps, buckles, or wide legs.**

Pants with wide legs, or ones that go past your child's ankle are safety hazards. Snaps and buckles may damage our equipment.

***No socks**

This includes tights with feet. They are slippery on the equipment and a safety hazard.

***Only water in a closed container is allowed in the gym.**

***Parents please wait in the hall.**

Parents and siblings are asked to wait outside (unless it's the first or last class of the session). It is a distraction to the gymnasts. Please DO NOT block the gym doors.

Play the Oneonta Family YMCA way...

Everyone plays.
Safety first.
Fair play.
Positive competition.
Family involvement.
Sport for all.
Sport for fun.

With the Seven Pillars of Youth Sports!

Cancellation Policy

There are no make-ups or credits for weather related cancellations, or any missed classes.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Gymnastics



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