

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.

***Parents and siblings, please wait in the hall.**

Parents and siblings are asked to wait outside the gym (unless it is the first or last class of the session). It is a distraction to the gymnasts. Parents/siblings should not be on the equipment (this includes the floor and mats).

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

This eliminates missing precious class time. Our instructors cannot leave the gym to accompany your child to the bathroom.

***No jewelry allowed**

Stud earrings are okay.

***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.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASTICS

November 3rd-December 20th
7 weeks



CONTACT US

(607) 432-0010



For any questions or more information, please e-mail Jenn Scott at:
oneontaymcagymnastics@gmail.com

Please call and register through our Welcome Center at (607) 432-0010 opt. 9

Session 2 7 weeks

November 3rd-December 20th

Member Registration: 10/20

Public Registration: 10/27

TINY TUMBLERS

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 grown-up who will lead and participate in the class alongside the child.

Member: \$50 Public: \$95

Friday 4:00-4:35 p.m.

**Friday classes enter through the back entrance on Elm St.*

Saturday 9:15-9:50 a.m.

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. The child participates independently of the parent.

Member: \$70 Public: \$138

Friday 4:45-5:30 p.m.

**Friday classes enter through the back entrance on Elm St.*

Saturday 10:00-10:45 a.m.

GIRL'S GYMNASTICS

Girl's Instructional (Kindergarten and up)

Learn beginning 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 4:30-5:30 p.m.

Tuesday 5:00-6:00 p.m.

Tuesday 6:00-7:00 p.m.

Wednesday 4:30-5:30 p.m.

Friday 5:45-6:45 p.m.

**Friday classes enter through the back entrance on Elm St.*

Saturday 11:00 a.m.-12:00 p.m.

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 4:30-5:30 p.m.

Thursday 4:30-5:30 p.m.

**pro-rated- No class on November 27th*

Member: \$78 Public: \$150

Saturday 11:00 a.m.-12:00 p.m.

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

This class is for those that have mastered the Pre-team 1 class.

Member: \$137 Public: \$270

Friday 5:45-7:15 p.m.

**Friday classes enter through the back entrance on Elm St.*

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



BOY'S GYMNASTICS

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

Tuesday 5:00-6:00 p.m.

Wednesday 4:30-5:30 p.m.

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: \$118 Public: \$230

Thursday 4:00-5:30 p.m.

**pro-rated- No class on November 27th*

**Parent observation is
on the first and last
day of the session
only.**

**Please note: No one
should be on the
equipment unless they
have been instructed to
do so and are under the
direct supervision of a
qualified coach.**