

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 bathroom trips during class time. Instructors can not leave the gym, and can not accompany your child to the bathroom.

No Jewelry allowed

No pants with snaps, buckles, or wide legs. Pants with wide legs or legs that fall below the ankle are safety hazards on the equipment.

No Socks,

This includes tights with feet. They are very slippery on the equipment.

Only water in a closed container

allowed in the gym. No juice, sports drinks, or soda.

Parents, please wait in the hallway

Parent and siblings are asked to wait in the hallway. Please do NOT block the gym door.

Parent observation is the 1st and last class of each session.

Safety First

*Be on time dropping off and picking up your child.

*Be available during the time that your child is in A program.

*Supervise children in your care when they are not enrolled in a program.

*Children under the age of 11 must be supervised by an adult while in our YMCA building when not participating in program.

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 missed classes.



ONEONTA FAMILY YMCA

20-26 FORD AVE
ONEONTA NY 13820
607-432-0010

www.oneontaymca.org

For Gymnastics Program Questions:
mcook@oneontaymca.org



GYMNASTICS PROGRAMS

Pre-School
School Age
Team
Cheer & Tumbling

Session 1 2019

Jan. 7 – Feb. 16
(6 weeks)

Mem. Registration 12/23
Pub. Registration 12/30



ONEONTA FAMILY YMCA

Please call and register through
our Welcome Center
607-432-0010 Opt 9

Girls Instructional



Beginning Girls Instructional :

Learn progressive gymnastics skills on each individual apparatus, including balance beam, uneven bars, floor exercise, and vault. Child must be attending Kindergarten.

Mon 4-5pm (ages 5-7) \$54Mem/\$139Pub
Mon 5-6pm (ages 8-14) \$54Mem/\$139Pub
Tues 5-6pm (ages 5-7) \$54Mem/\$139Pub
Weds 5-6pm (ages 5-7) \$54Mem/\$139Pub
Fri. 6-7pm (ages 8-14) \$54Mem/\$139Pub

Sat. 10:30-11:30am \$54Mem/\$139Pub
(ages 5-7, 8-14)

Pre-Team Level I (Invitation Only) Rising Stars

Tues 6-7pm \$54Mem/\$139Pub
Friday 6-7pm \$54mem/\$139Pub

Pre-Team Level II (Invitation Only) Hotshots

Tues 5-6:30pm \$76Mem/\$182Pub

This program is for girls who are expressing a serious interest in gymnastics. This class is the prerequisite for Team .

Non Competitive Team (Invitation Only)

Thurs 6-8:00pm \$93Mem/\$216Pub

This group is designed for intermediate to advanced gymnasts, that do not want to participate on the competitive team.

Boys Instructional

The Beginning Boys Instructional Gymnastics class is open to those boys ages 6 and up. This class covers beginning skills on floor, vault, rings, high bar, parallel bars, and pommel horse. Boys must be able to take direction and work independently on stations while waiting their turn.

Weds 5-6pm \$54Mem/\$139Pub
(ages 6-12)

Advanced Boys (Invitation Only)

Thurs 4:30-6pm \$76Mem/\$182Pub
(ages 6-12)

This class is for the serious male gymnast and covers advanced skills.



Girls Gymnastics Teams

The Oneonta Family YMCA offers beginning, intermediate and advanced teams. All teams are by invitation only, and are required to attend competitions.

Beginning Team

Thurs 5-7pm
Cost: \$59 Per Month

Intermediate Team I

Mon/Weds 5:30-7:30pm
Cost: \$107 Per Month

Intermediate Team II

Mon/Weds 5:30-8pm
Cost: \$133 Per Month

Advanced Team

Mon/Weds 6-8:30pm
Cost: \$133 Per Month

NEW! Cheer

Join our experienced cheerleading coach in learning the fundamentals of cheerleading and stunting.

Tues 4:15-5pm \$42Mem/\$114Pub
(ages 4-7, 8-15)

NEW! Tumbling

Mixed levels

Thurs. 4:30-5:30pm \$54Mem/\$139Pub
(ages 6-18)

Pre-School

Tumble Bears

A parent/ child class which introduces 3-4yr olds to gymnastics. Learn the fundamentals necessary for vault, bars, beam, and floor. Work on balance, movement, and hand-eye coordination in a fun and safe environment. Child may be accompanied by an adult if more comfortable.

Fri. 4:15-5:00pm \$42Mem/\$114Pub
Sat. 9:15-10:00am \$42Mem/\$114Pub

Mini Gymmies

An instructor led class for 4-5yr olds, in which the instructor will cover age appropriate gymnastics skills in a fun and exciting environment. The children will be taught beginning skills on balance beam, floor, vault, and bars. Children must be able to separate from parents and follow simple directions, while waiting their turn. This class is for boys and girls.

Weds 4-4:45pm \$42Mem/\$114Pub
Fri. 5-5:45pm \$42Mem/\$114Pub