

## 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 glass containers. 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**



ONEONTA FAMILY YMCA

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

[www.oneontaymca.org](http://www.oneontaymca.org)

For Gymnastics Program Questions:  
[mcook@oneontaymca.org](mailto:mcook@oneontaymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GYMNASTICS PROGRAMS

**Toddler  
Pre-School  
School Age  
Sparklers Team  
Cheer & Tumbling**

### Session 3 2019

**Apr. 22—June 8  
(7 weeks)**

**Mem. Registration 4/8  
Pub. Registration 4/15**



ONEONTA FAMILY YMCA

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

**Session 3 2019: 4/22 – 6/8**

**\*Monday, May 27th there will be no classes for Memorial Day. Fee reflects one less class.**

## 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) \$63Mem/\$162Pub  
Weds 5-6pm (ages 5-7) \$63Mem/\$162Pub  
Fri. 6-7pm (ages 8-14) \$63Mem/\$162Pub

### New Time

Sat. 10:45-11:45am \$63Mem/\$162Pub  
(ages 5-14)

### Pre-Team Level I (Invitation Only) Rising Stars

This program is for girls who are expressing interest in gymnastics. This class is the prerequisite for Pre-Team II.

Tues 6-7pm \$63Mem/\$162Pub  
Friday 6-7pm \$63mem/\$162Pub

### Pre-Team Level II (Invitation Only) Hotshots

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

Tues 5-6:30pm \$88Mem/\$212Pub

### Non Competitive Team (Invitation Only)

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

Thurs 6-8:00pm \$109Mem/\$252Pub

## 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 \$63Mem/\$162Pub  
(ages 6-12)

### Advanced Boys (Invitation Only)

Thurs 4:30-6pm \$88Mem/\$212Pub  
(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 and Tumbling

Join our experienced cheerleading coach in learning the fundamentals of cheerleading and stunting or get an edge in your acro dance and gymnastics routines!

### Mixed Cheer

Tues 4:15-5pm \$49Mem/\$123Pub  
(ages 4-7, 8-15)

### Mixed Tumbling

Thurs. 4:30-5:30pm \$63Mem/\$162Pub  
(ages 6-18)

## Pre-School

### NEW! Toddler Class

### Parents and Tumble Tots

This class is designed to introduce young gymnasts ages 12mo. - 3 years old to circuits in a fun environment. This class requires one parent or adult caregiver who will participate in the class along with the child.

Sat 10-10:30am \$32Mem/\$89Pub

### 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.

Sat. 9:15-10:00am \$49Mem/\$123Pub

### 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.

Gymnasts 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 \$49Mem/\$123Pub  
Fri. 5-5:45pm \$49Mem/\$123Pub