

Color War Contests

Each week gymnasts are divided into teams. Each team is assigned a color. During the course of the week we hold fun contests between the teams with teams gathering points for placement in the contests.

The contests conclude on Friday with the true "Color War" in which all team members are asked to wear as many articles of clothing of their team's color as can fit on their body. They will get a point for each article of clothing. The team with the most collective points wins that leg of the Color Wars.

All contest points from the week are added together to decide the Color War Winning Team, and prizes and certificates are awarded to all participants!

Examples of team contests are:

Relay Races

Turtle Snap

Obstacle Challenges

Water Balloon Toss

Chicken in a Henhouse

Stick It Contests

Gymnastics Challenges

And Many More!

Things to bring:

2 snacks/ Lunch

Water

Leotard, or Shorts and T shirt

(no zippers, buttons, or buckles)

Hair tied back



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER GYMNASTICS FUN



July 8 – August 23
Registration opens April 9th!

ONEONTA FAMILY YMCA 20-26 FORD AVENUE ONEONTA NY 13820
607 432 0010 OPT 9 www.oneontaymca.org

Gymnastics Summer Programs

Instructional Gymnastics (ages 5 & over)

Summer Schedule:

Week 1: July 8- 12

Week 2: July 15-19

Week 3: July 22-26

Week 4: July 29- Aug 2

Week 5: August 5-9

Week 6: August 12-16

Week 7: August 19-23

Time: 8:30AM-12:00PM

- Participants that are also attending the afternoon park program will need to bring two snacks and a lunch.
- All others will need a snack.

Weekly Price: \$110 Members \$195 Public

For More Information Contact:

Michelle Cook

Gymnastics Coordinator

Oneonta Family YMCA

432-0010 ext 202

E-mail: mcook@oneontaymca.org

More Than Just Gymnastics

Join us in one or more weeks of our summer gymnastics program. It is so much more than just gymnastics! We start out with themed activities, then rotate through four gymnastics stations, and end with team challenges.

Some themed activities include:

*Over/Under/Around

*Wet and Wild

*S'Winter

*Team Building

- ♦ Earn Participation Points during the week by doing "good deeds" or meeting a personal goal.
- ♦ Use your points to purchase items in our Camp Store on Friday of each week.

Don't miss out on the fun!

Visit our Welcome Center to register today!