



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

5/11

## YOUTH GYMNASTICS CAMP

**YOUTH GYMNASTICS CAMP**, open to both girls and boys, ages 6+, provides a fun, safe learning environment with instructors who are well trained in the latest teaching techniques and safety standards. These Camps teach all girls' gymnastics events (vault, uneven bars, balance beam and floor exercise) and utilize the tumble trampoline. We also feature the YMCA's character values, as we believe it is important to build strength in mind as well as in body.

We offer gymnastics camps at both our Downtown and East Side Centers. Camps run during winter and spring breaks, as well as during the summer. You can register for a whole week of camp or you can "build your own" camp week according to your own scheduling needs, choosing the days you prefer.

For your information, the following are answers to some frequently asked questions. If you have any additional questions, please contact the Program Coordinator at 436-9578.

### 1. How do we **PREPARE** for the camp?

Your child should bring his/her own sack lunch each day (including a drink or money for a drink from a vending machine), and remember to bring a swimsuit and a towel.

### 2. What should my child **WEAR** to camp?

The best clothes to wear are leotards or elastic waist shorts with a t-shirt that stays tucked in. Also, because socks can become slippery on equipment, bare feet are recommended. No jewelry is allowed except post earrings. Long hair must be tied back and kept off the face. Soft hair accessories are preferred over hard plastic barrettes.

### 3. Where should we go when we arrive at the YMCA?

Stop at the front desk to ask for directions to the gymnastics area. You should then check in with the instructor or staff in the gym. Be sure to leave the staff a daytime phone number where they could contact you in case of emergency.

### 4. What will my child **LEARN** at camp?

Basic skills include swinging and circling on bars, balancing and moving on beam, handstands and rolling on floor, and vaulting over the horse. We also use a variety of side stations to reinforce a concept while gymnasts wait for their turns. There will be time for swimming, eating snacks, making crafts, and playing games, as well.

### 5. When can parents **OBSERVE** the camp?

You may observe from the hallway throughout the Camp. Keep in mind that the kids will not be in the gymnastics area for lunch, craft, or swimming.

### 6. Who do I talk to with **QUESTIONS** or **COMMENTS**?

The program coordinator and/or an instructor are available during camp. The front desk can help you locate them or take a message for you. Comment cards are also available at the front desk for your convenience.

### 7. What should my child take **NEXT**?

You may register your child for additional camps or a Gymnastics Class. When they are ready for the next level of class, they will be notified by receiving a recommendation sheet during week 4 or week 5 of the session.

### 8. How may we **RE-ENROLL** for the next session?

Registration dates are published in the Program Guide. To avoid disappointment, follow this schedule carefully and enroll at your earliest possible opportunity. Camps and classes fill quickly and class size is strictly limited. Register at the front desk, by phone (436-9595) or online ([www.greenbayymca.org](http://www.greenbayymca.org)). MasterCard, Visa and Discover are accepted.

#### YMCA Mission Statement

To put Christian principals into practice through programs that build healthy spirit, mind, and body for all.

**Membership for All** helps to ensure that everyone belongs at the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.