



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TEEN GYMNASTICS

The Green Bay YMCA's year-round Gymnastics Program serves boys and girls, age 3 through teens. We provide classes for all levels, from beginners to national competitors.

**TEEN GYMNASTICS** is a 60-minute class for boys and girls, ages 11 through 17, that provides a fun, safe learning environment with instructors who are well trained in the latest teaching techniques and safety standards. This class teaches all girls' gymnastics events (vault, uneven bars, balance beam and floor exercise), some boys' events and utilizes the tumble trampoline. There is an 8 to 1 student-teacher ratio to individualize instruction as much as possible. We also feature the YMCA's character values, as we believe it is important to build strength in mind as well as in body.

If the YMCA staff can be of assistance to you, please call the Program Coordinator at 436-9578. Here are answers to some frequently asked questions:

### 1. How do I PREPARE for the class?

The best clothes to wear are leotards or elastic waist shorts with a t-shirt that stays tucked in. 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.

### 2. What should I do the FIRST DAY?

Stop at the front desk to check in. They can direct you to the location of your class. Please store extra clothing in the locker rooms or in the cubbies outside of the Downtown Gymnastics Center. Please wait for your class to begin in the hallway. Your instructor will call you in at the scheduled start time.

### 3. What will I LEARN in class?

Children will use a wide variety of appropriate gymnastic equipment. The class format consists of a warm-up, two event rotations each week, and conditioning exercises.

### 4. Are PROGRESS REPORTS given out in class?

Participants will receive a recommendation sheet during the 4<sup>th</sup> or 5<sup>th</sup> week of the session, so you know what class to register for in the next session. Please keep in mind that gymnastics is a very challenging sport and it is normal for a child to progress slowly. Repetition and continuity are necessary for development.

### 5. When can parents OBSERVE the class?

You may observe from the hallway throughout the session. Younger children are welcome to observe, but must remain outside of the gymnastics center, for safety's sake. Kids Korner is also available for your convenience.

### 6. What if I MISS A CLASS?

There are no make-ups for missed classes. Since you are registered for a particular day and time slot, we guarantee that spot for you. For optimal quality and safety we need to maintain the student-teacher ratio and want to keep the same teacher as often as possible for consistency. Refunds will not be given for missed classes. For extended medical reasons, a credit will be given for the remainder of classes from the time of notification.

### 7. Which CLASS should I take NEXT?

A recommendation sheet will be handed out on the 4<sup>th</sup> or 5<sup>th</sup> week of classes. Please hold onto this sheet and refer to it when registering for the next class. Register at the front desk, by phone (436-9595) or online at [www.greenbayymca.org](http://www.greenbayymca.org). MasterCard, Visa and Discover are accepted.

#### YMCA Mission Statement

To put Christian principles 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.