



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

12/11

OPEN WORKOUT

The Green Bay YMCA year-round Gymnastics Program offers extensive programs for boys and girls, ages 3½ through teens, ranging from beginners to national competitors. Our staff is well trained in the latest teaching techniques and safety standards of USA Gymnastics. Our program began in 1961 and is now housed in our permanent facility at the Downtown Center. We have all the women's competitive events, some men's events and many other pieces of training equipment.

If you have any questions or concerns, please call the Program Coordinator at 436-9578.

OPEN WORKOUT is offered on Saturdays:

12:00-1:00pm – East Side Center

12:30-2:30pm – Downtown Center

It is for our current YMCA gymnastics class and team participants, ages 6 and older, to practice their gymnastics skills. Sessions are supervised by an instructor who offers assistance and supervision, but not formal instruction.

1. How do I REGISTER?

Stop at the front desk with your completed Gymnastics Open Workout Parent Permission & Medical Release form (a blank form is attached) and pay your fee of \$5.00 for Y members or \$10.00 for the general public, and your hand will be stamped. These fees are required for each Open Workout session. For future participation in Open Workouts, your name will be placed on a list with those whose Parent Permission & Medical Release forms are on record. Parents are welcome to stay and observe.

2. May I LEAVE the gym and COME BACK IN?

Yes, you are welcome to leave and return within the two-hour session.

3. GYM RULES

All participants are expected to follow these rules, which are strictly enforced. If your behavior becomes a safety concern, you will be asked to leave without a refund. See reverse side for additional responsibilities of the gymnast.

- No food or drinks in the gym
- No long earrings or jewelry
- No belts or buckles
- No jeans
- No street shoes on the carpeting
- Long hair must be pulled back from face
- Gymnasts must follow instructions from the supervisor.

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.

For information, contact the YMCA at 436-9622.

Responsibilities of the Gymnast

1. Appreciate the Risk

Participation in gymnastics, even under the best conditions, carries with it some risk. Be aware that improper conduct of this activity can result in serious injury.

2. Be Supervised

Every gymnastics session should always be supervised by a qualified professional. Never participate in gymnastics without proper supervision.

3. Dress Appropriately

Always dress in terms of the learning/performing situation. Use chalk, rosin, handgrips, tape, protective body equipment, etc., where appropriate.

4. Communicate Clearly

Establish a clear, accurate communication with your teacher/coach. Make certain that both of you know exactly what, when, where, how and why the skill is to be performed and/or spotted.

5. Be Prepared to Participate

Be sure that you are physically, as well as mentally, ready to perform. Total fitness is a basic requirement to safe practices in gymnastics.

6. Master Basic Skills First

Follow a definite progressive pattern in skill learning. Master first the basic skills on which the more complex skills are built.

7. Know the Skill

Be sure to have an accurate visual concept of the entire skill. Know how to start, carry out and complete the entire movement. Develop an awareness for the more difficult aspects of each skill.

8. Always Follow Through

Once you commit to and/or begin a skill, always follow through to its full completion. Be keenly aware that an important consideration is protection of your head and back.

9. Know Your Limitations

Develop a healthy awareness and respect for your individual limitations in learning and performing gymnastics.

Gymnastics Open Workout Parent Permission & Medical Release

I hereby give my permission for _____ to participate in
(child's name)

Gymnastics Open Workout at the Green Bay YMCA. Further, I authorize the YMCA to provide emergency treatment of an injury to or illness of my child if qualified medical personnel consider treatment necessary and perform the treatment. This authorization is granted only if I cannot be reached and a reasonable effort has been made to do so.

Date _____ Parent or Guardian _____ Phone _____

Street Address _____ City _____ Zipcode _____

Email Address _____

Family Physician _____ Phone _____

Pre-existing medical conditions (e.g. allergies or chronic illnesses) :

Additional emergency contact (other than parents):

Phone _____

Relationship to child _____

Please circle the class in which this Gymnastics Open Workout participant is currently enrolled:
(Must be at least 6 years old and in a YMCA Gymnastics Class to participate.)

5-6 Gymnastics Intro to Gymnastics Boys Level 1 Level 2 Pre-Team Teen

Please check one:

____ This participant is a YMCA Member. ____ This participant is **not** currently a YMCA Member.

My child and I are aware that participating in Open Workout is a potentially hazardous activity. I assume all risks associated with participation in this sport, including, but not limited to, falls and contact with other participants. All such risks to my child are known and understood by me.

I understand this release form and agree to its conditions on behalf of my child.

Parent's signature _____ Date _____

Child's signature _____ Date _____