



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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THANK YOU FOR REGISTERING FOR GYMNASTICS!

We appreciate your partnership with the BURLINGTON AREA YMCA and look forward to coaching your child! Below you will find helpful information related to the upcoming session.

WHAT TO WEAR:

Please have your gymnast wear leotards or form fitting clothing (tank top & shorts). Leotards should not have skirt attached. No leggings, tights, baggy shirts or sweat pants. Hair needs to be pulled away from the face. Bare feet are best. These requirements are for the safety of all who participate.



WHAT TO BRING:

Water bottle, if desired. There is a water fountain available. Please refrain from bringing sugary drinks.

WHERE TO PUT YOUR BELONGINGS:

There are coat hooks and cubbies available inside the gym for your convenience. These are open faced cubbies, for the use of all participants to store coats, shoes, and gym bags. For that reason, please refrain from bringing valuables to the gym. The BURLINGTON AREA YMCA is not responsible for lost or stolen items.

WHEN TO ARRIVE:

We ask that gymnasts arrive 5-10 minutes before their lesson start time, to allow the opportunity to remove coats, shoes, etc. Parents are encouraged to assist younger gymnasts during this time, if needed. Gymnasts who are comfortable entering the gym without a parent or guardian are welcomed to do so. Upon arrival, please refrain from walking on the mats with street shoes on.

WHO IS ALLOWED IN THE GYMNASTICS & CHEER CENTER:

Our goal is to provide the highest quality coaching possible to all of our program participants. With that in mind, we want to limit distractions and improve engagement. When the lesson begins, we ask that parents step out of the facility allowing their children to focus on their instructor. We understand that there are younger children who may still need the comfort and assistance of their parents for a few extra minutes. We will handle each situation on a case by case basis.

EVALUATIONS:

Each gymnast will receive an evaluation the week before their final week of the session. To clarify, during a 7 wk. session, evaluations will be given during week 6. These evaluations will highlight their performance and communicate which lesson your gymnast can register for next.

WATCH WEEK:

Watch Week is the final week of the session. Your gymnasts can take this opportunity to show off the skills they have learned to their friends and family. There is limited seating, however, standing room is available. This is an excellent time to encourage and enjoy the progress your athlete is making! Watch week is always a fun-time and your attendance is appreciated!

If you have concerns or questions, please reach out to Alaina at 319.237.1940 or alaina@burlingtony.org.