



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2022

Dear Parents and Participants of YMCA gymnastics classes,

Welcome, I am looking forward to gymnastics programming during our fall sessions! Whether you are joining us for the first time or returning for another session, I am grateful we can continue to offer programming that allows you to get out, get active, and reconnect with others. I am so excited you are joining us!

In both preschool and progressive classes, YMCA coaches will introduce participants to level specific skills, teach the fundamentals of the sport, and encourage them to do their best in a positive and fun environment.

The Y is the starting point for many children learning new sports. It is the stepping-stone to becoming and staying active, as well as gaining confidence, building positive relationships, good sportsmanship, teamwork, and leadership skills that will improve your child's self-esteem. It is truly amazing to see a child learn new skills and make new friends along the way.

Gymnastics classes for Fall 1 run September 6 - October 23 and Fall 2 runs October 24 – December 18, 2022. Please pay close attention to the website, as this is where you will find updated information for all Youth Sports and Gymnastics classes. Please be reminded that class times may change depending on class registrations.

Lastly, below is additional gymnastics information, including but not limited to, what to bring, drop off and pick up, and spectators.

THANK YOU for your participation and support of our gymnastics program this session!

Kindest Regards,

Theresa Christianson,
Youth Sports Coordinator

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ADDITIONAL GYMNASTICS INFORMATION

ILLNESS:

- Please monitor your children/family for illness.
- Your child should stay home if any illnesses are observed.

EQUIPMENT: (What to Bring)

- A water bottle.
- If your child has long hair, please have HAIR PULLED BACK and out of their face.
- Easy to remove shoes/ extra clothing.
- Please do not wear jeans, jewelry or dresses.

SPECTATORS:

- Unfortunately, there are NO spectator areas for classes. **DROP OFF FOR CLASSES ONLY.**

CLEANING PROCEDURES:

- Hand washing and/or sanitizer will be available and offered before, during and after each class.
- Please do not share personal items.

PARKING

- Parking is limited. You may park along the YMCA building (to the left of the Gymnastics entrance) or after 5:30 in the Child Care pick up and drop off stalls. **Please DO NOT park in the Salvation Army Parking lot or against the fence located behind the Salvation Army.**
- Please drive slow and watch for children walking to and from the Gymnastics Center. This is an extremely busy area between 4:00-6:00pm.

ARRIVAL/DEPARTURE:

- Participants should come to the YMCA no more than 5 minutes prior to the start of their class. You will enter the building directly through the Gymnastics Center. The Gymnastics Center Door is off Briggs Street, between the Salvation Army and the YMCA, it is now a **RED** door and labeled "Gymnastics Center Pick up & Drop off." (See picture below)

STEVENS POINT AREA YMCA

1000 Division Street, Stevens Point WI 54481
www.splymca.org



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- If you arrive early, please wait with your child at the door while waiting outside for classes to start. Spectators may not stay in the Gymnastics Center. Unfortunately, there is NO viewing area for classes.



- Once the participants are inside, they will put their belongings in a cubby and then sit on a panel mat to wash their hands and feet prior to the class.
- After the class is finished, YMCA coaches will open the door and dismiss the participants one at time for pick up.
- It is crucial that you be on time to pick up your child. Our coaches need to clean and prepare for the next class so it too can start on time. Children will only be released when the parent comes to the door.