

WELCOME

Dear Parents:

Welcome to the YMCA gymnastics program! We are pleased to have you as part of our gymnastic family. We look forward to instructing your child in this exciting sport.

Within these brochures, you will find very useful information for yourself and your gymnast. You will find information about our program, gym safety and the answers to some frequently asked questions. Please read through the information and go over any necessary items with your child. If you have any questions or concerns about the gymnastic program, please feel free to contact me before or after classes.

Once again, I want to welcome you to our program. We look forward to seeing you and your gymnast in the gym!

Thank you,

Becky Bohn
Gymnastics Program
Director
& Head Coach



TIFFIN COMMUNITY YMCA

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tiffinyymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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WELCOME EVERYONE

FREQUENTLY ASKED QUESTIONS
Gymnastics Program
TIFFIN YMCA



Our goal is to ease our gymnasts through gymnastic skills and teach them how to do it by themselves in a safe manner. This is to ensure long-term success by avoiding incorrect techniques that would limit the gymnast's future skill development.

Frequently Asked Questions

What class time and session options do I have?

Classes are typically held between 4:30 - 8:00pm, Monday, Wednesday evenings, and Saturday mornings. Specific class start times are listed in the YMCA Program Brochure.

What type of classes does the program offer?

We offer classes that specialize in gymnastics, tumbling, cheer, pre-competitive classes and a competition team. In the gymnastics classes, students will learn important body shapes needed to perform proper technique when executing gymnastics skills on all four women's gymnastic events: vault, bars, beam, and floor. Tumbling classes specifically concentrate on floor acrobatic skills such as cartwheels, handstands, forward/backward rolls, round-off, bridge kick-overs, front walk-overs, aerials, back handsprings, tumbling series ...etc. Our cheer class focuses on developing a strong foundation in all areas of cheerleading. Cheer students will also learn technique and timing for motions, dance, jumps, stunts and tumbling.

What class/level is right for my child?

We offer classes ranging in difficulty from beginner progressive classes to advanced competitive team. Please remember, gymnastics is a progressive sport. The lowest beginner classes are open to any child no matter what their gymnastic experience may be. To enroll your child into a level which is beyond that of a novice gymnast, you will need permission from the gymnastics director. There are available times when the director or another coach can test your child's skill level and guide you to the proper level. Just remember, it is better for a child to advance, than to move backwards because they were misplaced in the wrong level.

What should my child wear and bring to class?

The best attire for the sport of gymnastics is a leotard or tucked in shirt and shorts. Close fitting clothing is safe for your child and for the coach for spotting skills. If tights are worn, please be sure they are footless. No leotards with skirts, loose clothing, or jeans. Loose clothing can get caught in equipment and make it difficult for the coaches to spot your child. Hair should be pulled back out of the child's face. And don't forget a water bottle!!

Are there make-ups?

There are no make-ups within a session for weather or holiday cancellations. Make-ups will be provided if the class is cancelled directly by the gymnastics director due to a scheduling conflict or an absent instructor. The YMCA will close if Seneca County is under a Level 3 Snow Emergency.

What do we do for our first day at gymnastics class?

Let the desk know you are here for gymnastics class, swipe your card and come on back! When you get to the gym, please have your child remove their shoes, coat or accessories and place their belongings in a cubby box. They may remove their socks as well, since some surfaces may be slippery with socks on. Then have your child sit on the grey rug in the gymnastics center and you may head up to the balcony. Your child will wait on the grey rug until their instructor calls them over for class.

How long will it take for my child to progress?

Children progress at different rates of time. Progression is based on a number of factors ranging from physical, to emotional, to mental growth. Each level is progressively more difficult and the higher your child advances the longer it may take to pass a level. Please keep in mind; **it could take up to one year to master a level in gymnastics.** If you are concerned about your child's progress you may talk with his/her instructor to get a more detailed explanation of their improvement. The gymnastics director may also re-test your child to determine proper level placement. The most important thing to remember is that encouragement is the key ingredient in a child's progress.

May I sit and watch my gymnast?

We encourage parents to watch their children. Children need this support to build confidence. We do ask, however, that you encourage your child to give their full attention on the instructor and the class, before class starts.

- Please remain outside the gymnastics equipment areas at all times. The only exceptions are for those adults participating in the Parent-Tot class. We have special seating for our program in the balcony. Priority seating for disabilities or seniors is provided on the ground floor in the gymnastics center.

- Please refrain from distracting or coaching your child. It is best for your child if their full attention is on the class and the instructor during class. While your child is in class, we ask that you wait until the end of class to talk to your child. A parent/bystander who coaches/corrects their child while in class will cause disruption of their class, other classes, gymnasts and coaches. This also causes interference with the coach-to-gymnast trust relationship and can confuse the child. Encourage your child before class that they need to ask their instructor for help if they are ever confused and need help during class.

My child would like to be on the team someday. What's the next step?

Please contact Becky Bohn, Gymnastics Director, to set up an evaluation for your child anytime throughout the year to see what pre-competitive level is best for your child.

How can we get in more practice time?

If you are interested in your gymnast furthering his/her skills, private lessons may be available. This is a perfect time for your child to further their gymnastic skill progressions one-on-one with a knowledgeable coach. For private lessons, please contact Becky Bohn. Another option for more practice time would be to take more than one class per session. Also, watch for upcoming camps and clinics.

Can we rent the gymnastics center for a party?

Yes, you may rent our gymnastics center for birthday parties or just for fun!! This rental includes use of all four of the gymnastics events, additional equipment, mats, and 1-2 gymnastics instructors. The rental fee is \$80/hour.

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Still have questions? Please contact Becky Bohn at bbohn@tiffinymca.org or call 419.447.8711
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SESSION SCHEDULE

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Week 1	First Class! Lesson Plan #1
Week 2	Two events each week -Bars/Beam or Floor/Vault
Week 3	Lesson Plan #3
Week 4	Lesson Plan #4
Week 5	Evaluation week!
Week 6	Evaluations go out to students! Lesson Plan #5
	-Registration for Members starts
Week 7	Last week of classes! Lesson Plan #6
	-Registration for Program Participants

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