

Program Handbook
Fall 2026

Welcome to Morrison YMCA
Gymnastics!

Program Supervisor for Dance and Gymnastics- Bethany Stravato

For any questions, please reach out to

[morisongymnastics@ymcacharlotte.org](mailto:morrisongymnastics@ymcacharlotte.org)

704-716-4640

Important Dates

September 14th- First Day of Class

Wednesday November 11th- Veteran's Day- NO CLASSES

November 23rd-27th- Thanksgiving Break- NO CLASSES

December 14th-19th- Fall Session Showcase Week

December 21st- January 3rd- Winter Break- NO CLASSES

Dress Code and Information

Links to Purchase Gymnastics Apparel

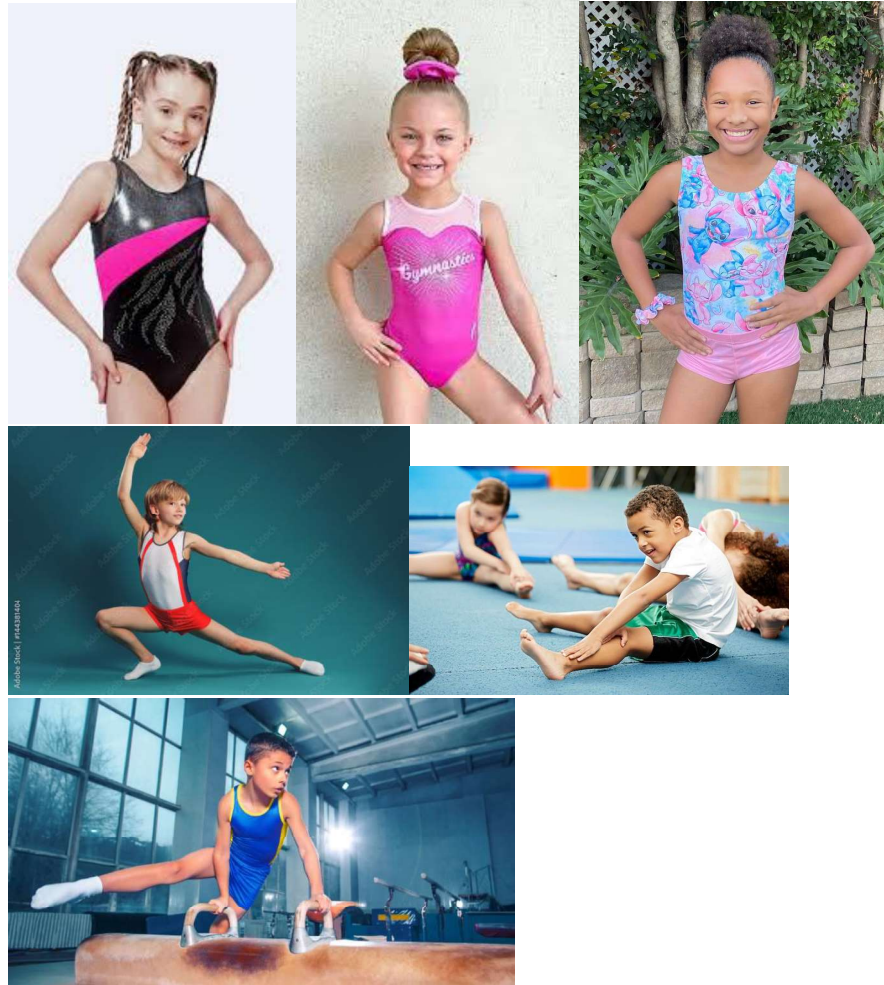
<https://www.amazon.com/>

https://destira.com/?srsltid=AfmBOorvPXdf_0YqOfHZ8uf0ISIGlpHH-d40S3Xff1ZMZwaGvem1PWUZ

https://www.gkellite.com/?srsltid=AfmBOooNtObBOWXZJddXF70e_oNvsnVR-2EwzKjWZKu55kR5uvuldi8A

All Classes

- Hair **must be worn up** in a neat bun, ponytail, braid(s), etc. with all stray hairs secured away from the face. **Hair cannot be down for class.**
- Short hair must be pulled away from the face using clips, headbands, or hair pins.
- While we encourage self-expression through accessories, we request that gymnasts wear jewelry in moderation to ensure the safety of everyone involved. Bulky or dangling jewelry poses risks during dynamic gymnastics movements.
- **Gymnasts must wear appropriate gymnastics wear. This includes a leotard, leotard and leggings, leotard and biker shorts. Baggy or street clothes are not appropriate for Gymnastics Class.**



Classroom Policies and Expectations

Attendance

- Gymnasts must be on time and prepared for class. Gymnasts must be in proper gymnastics attire by the start of class. This includes having hair in the appropriate style and gymnastics class appropriate clothing.

Drop Off and Pick Up Procedures

- Before class, please wait with your child outside the gymnastics studio for their coach to invite them into class.
- At the end of class, please wait outside the gymnastics studio for the coach to release your child.

Parent Expectations

- Parents are expected to have their gymnast on time and prepared for class each week. This means using the bathroom, wearing the appropriate attire, and having hair up and secured away from the face.
- Parents are not permitted to enter the gymnastics studio while class is in session. In case of emergency, please knock on the door.
- Please clearly label all of your child's belongings, including bags/backpacks, and water bottles.
- Please read all communication from the Morrison Gymnastics promptly and thoroughly.

Student Expectations

- Gymnasts show respect for themselves by
 1. Coming to class ready learn and participate
 2. Being kind to their body and mind
- Gymnasts show respect for other gymnasts by
 1. Keeping their hands to themselves during class.
 2. Not distracting their fellow students
 3. Waiting quietly for instructions from the teacher
 4. Being friendly to other students
- Gymnasts show respect for their coach by
 1. Listening when the teacher speaks
 2. Not talking to their friends while class is in session
- Gymnasts show respect for the studio by
 1. Leaving gum, food, or drinks other than water outside
 2. Putting trash in its proper place
 3. Always keeping all belongings zipped inside their bag
 4. Only using the equipment that the coach is instructing the gymnasts to use at that time
 5. Do not go in the "Coach Only" zones

