

Dear Gymnastics Families,

Welcome to the Spring 2026 session! Our focus in recreational gymnastics is on building strength, flexibility, and basic skills, all while fostering a love for the sport. Our experienced coaches are excited to share their passion and knowledge with your gymnast. Please review this handbook carefully; it will answer most program questions. If you need additional assistance, email us anytime.

Sincerely,

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IMPORTANT DATES:

January 15 – Classes begin

March 5-7 – No Rec Classes (Chalkettes Home Meet)

April 3-9 – No Rec Classes (Spring Break)

May 4-9 - End of Class Showcase– (no regular classes; schedule TBA)

*Parents will be invited into the gym for a gymnastics showcase. The specific class show date/time schedule will be released closer to the date. *

May 9 – Last day of Fall Semester

*Unless otherwise noted, we DO have class. This includes all teacher workdays and individual holidays.

WHAT TO EXPECT

Gymnastics is a fun, dynamic, and fast-paced sport. For many families, this may be a new experience, so here are a few things to know as your child begins:

- **Busy Environment:** Multiple groups may rotate through events at the same time. While it can seem chaotic at first, gymnasts quickly adjust and develop strong focus skills that support their growth.
- **Rotations:** Each week, your gymnast will warm up and then rotate through the four Olympic events: Floor, Vault, Uneven Bars, and Balance Beam. This prepares them with

the basics needed to advance into accelerated or competitive programs.

- **Progressions:** Gymnastics is built on repetition and mastering fundamentals before advancing. For example, a strong handstand must be learned before progressing to a back handspring.
- **Young Gymnasts:** For our youngest participants, it's normal to experience a few tears or separation anxiety in the first weeks. Our coaches are trained to help children get engaged quickly. Parents can best support their child by offering encouragement and reassurance.

GYMNAST EXPECTATIONS

To keep classes safe and productive, gymnasts should:

- **Wear appropriate attire:** A leotard or fitted athletic shorts and shirt. No dresses, skirts, flowy shorts, snaps, zippers, or jewelry.
- **Hair:** Pulled back neatly and away from the face.
- **Feet:** Barefoot only (no socks or shoes on equipment).
- **Personal items:** Store shoes, water bottles, and other belongings in the cubbies/baskets provided inside the gym.
- **Bathroom:** Please use the restroom before class begins.
- **Readiness:** Arrive on time, prepared to stretch, follow directions, and participate fully in activities.

PARENT EXPECTATIONS

Parents are responsible for ensuring their gymnast is **on time, prepared, and picked up promptly**. Please:

- **Know your schedule:** Be aware of your child's class start and end times. Arrive a few minutes early so your gymnast is ready to begin on time.
- **Drop-off & pick-up:** Drop off at the gymnastics building entrance and return promptly at the end of class. Coaches have back-to-back classes and cannot wait with late pick-ups. A late fee will be charged if pick-up is consistently late.
- **Bathroom:** Ensure your child has used the restroom before class begins, as coaches are not permitted to assist.
- **Belongings:** Label all personal items (water bottles, clothing, bags) to prevent loss.
- **Observation:** For safety reasons, parents are not permitted inside the gym during class (except in Parent/Child classes). You will be able to observe your child's class through

our secure online platform Spot TV. Download the Spot TV Family app, make an account then find your child's class.

- **During class:** Parents may leave the Harris YMCA campus while class is in session but must return on time for pick-up.

CLASS INFORMATION

Each class follows a weekly lesson plan designed to build skills and track progress. Parents are responsible for ensuring their gymnast attends class consistently and on time.

- **Class structure:** Each week, gymnasts will warm up and rotate through the four Olympic events: Floor, Vault, Uneven Bars, and Balance Beam. Activities differ for Ninja Warrior and Boys Athletic Conditioning classes.
- **Consistency:** Regular attendance is important for safety and skill progression. Missing multiple classes may slow a gymnast's development.
- **Make-up classes:** Due to full enrollment, make-up classes are not available. If the YMCA cancels a class (e.g., inclement weather or other circumstances), a make-up will be scheduled.
- **Evaluations:** At the end of the semester, coaches will provide a progress evaluation. This will outline skills achieved, skills to continue practicing, and a recommendation for your gymnast's next class.
- **Team opportunities:** For gymnasts interested in pursuing competitive gymnastics, we offer two team options: AAU Gymnastics and USAG. To learn more, email harrisgymnastics@ymcacharlotte.org.
- **For recreational athletes:** Not every gymnast will choose the competitive track — and that's okay! Gymnastics is an excellent foundation for all sports, and many of our athletes simply enjoy tumbling, building strength, and having fun with friends. Whether your child dreams of cheering, playing other sports, or just learning new skills, gymnastics at the Y helps them grow.

CANCELLATION POLICY

We understand that schedules change, but please be aware of the following policies:

Notice period: Families may cancel with at least **15 days' notice up to February 15.**

- **Refunds/credits:** If canceled by February 15, fees will be prorated and refunded or credited toward a future program.

- **After February 15: No refunds or credits** will be given for cancellations received after this date.
 - **During the semester:** Families may withdraw after the program begins, but only cancellations made before February 15 will be eligible for prorated adjustments.
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SEASON PERFORMANCE

At the end of each semester, we celebrate our gymnasts' hard work with a special performance:

- **End of Class Showcase:** During the week of **May 4-9**, gymnasts will showcase the skills they've learned throughout the semester.
- **Performance attire:** Each participant will receive a leotard or t-shirt to wear for the show.
- **No regular classes:** Regular classes will not meet during show week.
- **Schedule:** Specific dates and times for each class's performance will be shared closer to the event.

This performance is a fun and exciting way for gymnasts to demonstrate their progress and celebrate their accomplishments with family and friends!

Thank you for being a part of our YMCA Gymnastics Program and YMCA Community! We are looking forward to a great semester!