

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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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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WELCOME EVERYONE

FREQUENTLY ASKED QUESTIONS
Gymnastics Program
TIFFIN YMCA



Frequently Asked Questions

What class time and session options do I have?

Classes are typically held between 4:30 - 8:00pm, Monday through Thursday & 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 & 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 the coach for spotting skills. If tights are worn, please be sure they are footless. No ballet/dance 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!!

What do we do our first day at gymnastics class?

Let the desk know you are here for gymnastics class, swipe your card (if you're a member) 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 or available locker. They may remove their socks as well, since some surfaces may be slippery with socks on. Then have a seat on the bleachers and wait until your instructor calls your child 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.

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.

May I sit and watch my gymnast?

We encourage parents to watch their children. (Children age seven and under must be **accompanied (directly supervised)** by an adult at all times and in all areas while at the YMCA.) Children need this support to build confidence. We do ask, however, that you encourage your child to give their full attention to the instructor and the class, rather than wandering over to you in the middle of a lesson. There are designated areas for parents to sit near the gym, and under no circumstances should non-class participants enter the gymnastics equipment area. Loose items and wandering children are your responsibility as well. Only class participants are allowed in the "gymnastics equipment area." Please refrain from "coaching" your child while they are in class. A parent/bystander who "coaches" their child while in class can lead to interference with the coach-to-gymnast trust relationship, or disruption of other classes, gymnasts and coaches. Overstepping these boundaries can be belittling to the coach in their efforts to do their job well and effectively.

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 or if the City of Tiffin closes the hill/park.

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.

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

We host try-outs once a year in May. During try-outs, students test their skills to see if they are ready for the pre-competitive levels: Pre-Team or Future Stars. However, Becky Bohn, Gymnastics Director, can test your child anytime throughout the year to see if and what pre-competitive level is best for your child.

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 for up to 15 students. The rental fee is \$80/hour. There will be a \$3.00 fee per additional student after 15 students.

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

SESSION SCHEDULE

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	Lesson Plan #5 -Evaluations go out to students! -Registration for Members starts
Week 7	Lesson Plan #6 -Last week of classes! -Registration for Program Participants