



YMCA OF MOUNT VERNON GYMNASTICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm- 5:30pm Young Basics	4pm- 8:30pm Team Gymnastics	4:30pm- 5:15pm Firecrackers	10am- 10:45am Tiny Tots	4pm- 8pm Team Gymnastics	9am-12:30pm Team Gymnastics
5pm - 6pm Beginners		4:30pm- 5:30pm Young Basics	4pm- 8pm Team Gymnastics	4:30pm- 5:15pm Tiny Tots	
5:30pm- 6:30pm Intermediate		5:30pm- 7pm Accelerated		5:15pm- 6pm Superstar Tots	
6pm- 7pm Advanced		6pm- 7pm Advanced		5:30pm- 7pm Accelerated	
5:30pm- 9pm Team Gymnastics					

GENERAL INFORMATION

Our goal is for the youth in our gymnastics program to acquire the skills to progress throughout the levels and to maintain safe coach to gymnast ratios.

REGISTRATION PROCESS

Our registration process is in place to secure spots for participants that are currently in the program prior to opening it up to new participants. On the last day of your child's class, they will receive an evaluation sheet which tells you the next class you should register for. To ensure that your child gets a spot in the next session please REGISTER WITHIN 24 HOURS. After 24 hours we will open the classes up to new participants. If you are new to the program your child will go on a waitlist prior to the start of the session. If a spot is available you will receive a phone call to get your child registered.

GYMNASTICS CLOSURE DATES

- October 26th
- October 27th
- November 17th- 24th
- December 15th



YMCA OF MOUNT VERNON SPORTSCENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
		9am - 11am Pickleball		9am - 11am Pickleball
12pm-1pm Noon Ball		12pm-1pm Noon Ball		12pm- 1pm Noon Ball
4pm- 5pm Open Gym		4pm- 5pm Open Gym		4pm- 5pm Open Gym
5pm- 8:30pm BASKETBALL PRACTICE		5pm - 8:30pm BASKETBALL PRACTICE		5pm - 8:30pm BASKETBALL PRACTICE

RATES: FREE to YMCA members \$5 for Non YMCA members

PICKLEBALL is a combination of tennis and badminton that is played by hitting whiffle balls with light-weight wooden paddles. Played on a badminton court with 3-foot high net.

NOON BALL consists of pick-up style games every Monday, Wednesday, and Friday from 12-1pm

OPEN GYM- during open gym basketball hoops are available to shoot around. Full court games are permitted when enough players are present. Court space is shared for all age levels so be courteous of your surroundings.

BASKETBALL PRACTICE- designated time for YMCA Youth basketball leagues to practice. Basketball practices will run through mid February.

SPORTSCENTER GUIDELINES

- Must have proper footwear
- Must wear shirt and shoes at all times
- No food or drinks in the gym area. Sealed water bottles are permitted, you may eat in the lobby but please throw all trash away
- No dunking or hanging on rims
- Please do not kick balls in the gym
- No foul language
- Do not hit, pull or throw balls at the gym curtain
- Staff may restrict full court games during open gym due to heavy gym demand

→ See reverse side for gymnastics schedule