



Rancho Family YMCA
9410 Fairgrove Lane
San Diego, CA 92129
(858) 484-8788
(858) 484-8869 fax

<http://rancho.ymca.org>

Rancho Family YMCA

Gymnastics



Parent Handbook

RANCHO FAMILY YMCA
IT'S FOR EVERYBODY 

We build strong kids, strong families, strong communities.

PARENT VIEWING

Parents may observe classes from the viewing area. Only gymnasts and instructors are permitted in the activity area. Please keep all siblings and other children within the viewing area at all times. The last week of the each session is reserved for picture taking and videos.

GYM SAFETY RULES

1. Do not use any equipment without an instructor's permission. This includes before, during, and after class.
2. No food, drink, or gum are allowed in the activity area.
3. If you arrive late, please be aware of the other classes in the activity area.
4. Please notify the instructor before class if your child needs to leave early.
5. Please do not interrupt the instructor while they are teaching class.

GENERAL SAFETY

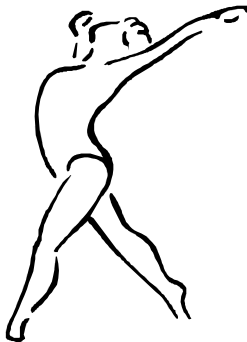
All gymnasts and parents must be familiar with our safety rules. Supervision is not provided before or after classes, so please be prompt in picking up your child. A child will not be permitted to wait outside to be picked up after class.

RATIOS

Our gymventures classes are run at a 7:1 instructor/student ratio. Gymnastics and tumbling class ratios are 8:1. You will find this to be lower than other gymnastics programs in our area.

PHOTO POLICY

All members and program photo consent waiver upon not permitted in the time. For all programs photos will be permitted on session only. Please you are uncomfortable photography is permitted. events, (such as birthday programs will be allowed the program director.



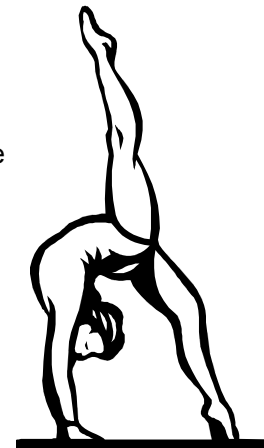
participants complete a registration. Photos are bathrooms, and at any running in session, the final class of the inform your instructor if attending while Photos at special parties) and off-site with the permission of Photos can only be taken with the approval of all parties, or the parents thereof, in the photo.

POLICY FOR PARENT PARTICIPATION CLASSES ONLY

1. Children must be supervised at all times. You should be within reaching distance of your child.
2. Older siblings will need to sit in the waiting area for the entire duration of the class. Younger siblings (babies) can be brought onto the floor but must be held by a parent at all times.
3. Each class is 45 minutes in duration . We have found this to be the optimal length of the time for this age group. Arriving early to class is discouraged.
4. Before class, please remain in the waiting area until an instructor welcomes you onto the floor.

SKILL LEVEL

Gymnasts must successfully perform all skills in their current level before advancing to the next level. We recommend that children are evaluated at least every 8 weeks. Parents are responsible for signing their child up to be evaluated at no charge. Please sign up on the bulletin boards in the Canyonside gym. Gymnasts will receive their progress chart at the end of their evaluation. If they are ready to move up, they will also receive a certificate. Those children who move up to the next level, will remain in their current level until the beginning of the next session. It is likely that most gymnasts will stay in the same level for several sessions.



PHILOSOPHY OF THE RANCHO FAMILY YMCA

MAKE-UPS

Participants assume the classes. A maximum of session will be allowed not sacrifice safety by instructor/gymnast ratio.. within five weeks, and only after the class has been missed. For insurance purposes, the child must be currently enrolled in the session in order to reschedule. (Therefore you will not be permitted to add an additional week onto a session; but must consider another day and time). To schedule a make-up, please call Diane at 858-484-8788.



responsibility for attending one make-up class per space permitting. We will exceeding the standard Make-ups must be done

REGISTRATION

Priority registration is available to YMCA members. Please check registration dates and enroll your child early to ensure getting into the class of your choice. Registration dates are posted on the bulletin boards. Walk-in, phone and fax registrations are taken at the Rancho Family YMCA office located at 9410 Fairgrove Lane, 858-484-8788.

IN CASE OF EMERGENCY

In the event of an emergency, you can reach your child by calling 858-484-8788. We will then route the call to the appropriate person.

CHILD ABUSE/NEGLECT REPORTING

The state of California requires that all staff members involved with children to be on the lookout for, and to report to the state, any and all cases of suspected child abuse. The YMCA has also established this policy for all its programs. Therefore we are obligated to report this information to the state if it becomes necessary.

LOST & FOUND

There is a lost and found located at the front desk of the Canyon-side Recreation Center. Please check with the desk for lost items.

Mission Statement: The Rancho Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of Spirit, Mind, and Body.

We are also dedicated to continuing traditions, to mold the lives of youth and to create friendships and memories that last a lifetime. Please feel free to let us know of any concerns, ideas, or thoughts that arise at any time. In this way, staff and parents can function together as a team. Thank you for joining our program.

GOALS OF YMCA GYMNASTICS PROGRAM

YMCA Gymnastics is designed to meet the following goals:

- * Learn to appreciate oneself, gain confidence, and self-esteem.
- * Develop values for living.
- * Instill YMCA character values: Caring, Honesty, Respect, and Responsibility.
- * Develop positive relationships
- * Learn to appreciate diversity.
- * Learn new skills.
- * Develop a balanced life: physically, mentally, socially, and spiritually.
- * Increase body awareness and strength.
- * Have fun!

WHEN YOU FIRST COME IN

Gymnasts should take their shoes and socks off and place them underneath a chair to prevent tripping. They will need to wait in the viewing area until their instructor calls them for class. Parents will need to wait with their child in the waiting area until the instructor begins the class.

ATTIRE

Gymnasts may wear either leotards or shorts and a shirt (please no zippers, snaps, buttons, or jewelry). Hair must be pulled back into a ponytail. Children will participate in bare feet. Children who are not dressed appropriately will not be permitted to participate if their attire is a safety concern.