



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 1 Session, January 7 – 20, 2024

Dear Parents and Participants of YMCA Spring gymnastic classes,

Welcome, I am looking forward to gymnastics programming during our Fall sessions! Whether you are joining us for the first time or returning for another session, I am grateful we can continue to offer programming that allows you to get out, get active, and reconnect with others. I am so excited you are joining us!

In both preschool and progressive classes, YMCA coaches will introduce participants to level specific skills, teach the fundamentals of the sport, and encourage them to do their best in a positive and fun environment.

The Y is the starting point for many children learning new sports. It is the stepping-stone to becoming and staying active, as well as gaining confidence, building positive relationships, good sportsmanship, teamwork, and leadership skills that will improve your child's self-esteem. It is truly amazing to see a child learn new skills and make new friends along the way.

Gymnastics classes/session: Winter 1 Session, The week of January 7 – the week of January 20, 2024. Please pay close attention our website, WWW.SPYMCA.org, this is where you will find updated information for all Gymnastics classes. Please be reminded that class times may change depending on class registrations.

THANK YOU for your participation and support of our gymnastics program this session! Please see the following pages for additional Gymnastics information.

Kindest Regards,

Kristy Bridenhagen
Gymnastics and Adapted Recreation Director
P 715-952-9365
E Kbridenhagen@spymca.org

Theresa Christianson
Gymnastics Head Coach
P 715-952-9634
E Tchristianson@spymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADDITIONAL GYMNASTICS INFORMATION

- **SPECTATORS:**
- PLEASE DO USE THE MAIN ENTRANCE OF THE YMCA FOR GYMNASTICS
- Use the Gymnastics entrance off of Briggs street (see below for detailed information)
- Spectators are allowed to view classes from the hallway through our windows.
- You will be able to come into the center, get your gymnast ready for class and then walk through the center and proceed to the hallway.
- Once the class is done, a coach will come and open the door and you will then be able to meet your child and exit through the Gymnastics' main door.

ILLNESS:

- Please monitor your children/family for illness.
- Please have your child stay home if they are sick.

EQUIPMENT: (What to Bring)

- A water bottle.
- If your child has long hair, please have hair pulled back and out of their face.
- Easy to remove shoes/clothing as the participants wait outside and are allowed in one at a time and this process takes time.
- Please do not wear jeans, jewelry or skirts/dresses.

PARKING

- Parking is limited. You may park along the YMCA building (to the left of the Gymnastics entrance) or after 5:30 in the Child Care pick-up and drop-off parking stalls.
- **Please DO NOT park, in the Salvation Army Parking lot or against the fence located behind the Salvation Army.**
- Please drive slowly and watch for children walking to and from the Gymnastics Center. This is an extremely busy area between 4:00-6:00pm.

ARRIVAL/DEPARTURE:

- Participants should come to the YMCA no more than 5 minutes prior to the start of their class. You will enter the building directly through the Gymnastics Center. The Gymnastics Center Door is off Briggs Street, between the Salvation Army and the YMCA, it is a **RED** door and labeled "Gymnastics Center Pick up & Drop off."



STEVENS POINT AREA YMCA

1000 Division Street, Stevens Point WI 54481
www.spymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- If you and your gymnast arrive early, please wait at our entrance until our coaches open the door and allow everyone in.
- If there is a class before the one you are waiting for, please wait to enter until the previous class is dismissed.
- Spectators may stay and watch class through our viewing windows in the hallway. You will be able assist you child get ready for class, then proceed to the door at the other side of the room (please use the runway closest to the wall to get to the doorway to the hallway, thank you).
- When the class is finished, YMCA coaches will open the door to the hallway, spectators will then be allowed to walk through the Gymnastics center and meet your child at the main entrance of the center.
- Children will only be released when the parent comes to the door.
- It is crucial that you be on time to pick up your child. Our coaches need to prepare for the next class so it can start on time.

STEVENS POINT AREA YMCA

1000 Division Street, Stevens Point WI 54481

www.spymca.org