



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the KEENE FAMILY YMCA

Open Gymnastics Schedule

September 5th – December 31st 2017

Mini Open Gymnastics Ages 18 months to 5 years

*Must have adult/guardian supervision on the floor with them

THURSDAY	11:00am-11:30am
THURSDAY	11:45am-12:15pm
SATURDAY	1:30pm-2:00pm
SUNDAY	9:30am-10:00am
SUNDAY	10:15am-10:45am

Youth Open Gymnastics Ages 5 to 13

SATURDAY	2:15pm-3:00pm
SUNDAY	11:00am-11:45am
SUNDAY	12:00pm-12:45pm

Advance/Adult Ages 13+ *or* enrolled in Advance School Age Gymnastics, Rising Stars, Pre-Team, Team *or* by approval the Gymnastics Coordinator

MONDAY	7:15-8:00pm
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*****NO OPEN GYMNASTICS*****

November 23rd
December 23rd, 24th, & 25th
December 28th, 30th, & 31st

Please see back for rules, regulations and how to reserve a spot.

Please direct all comments and concerns to
Ashlee Patnode, Gymnastics Director, by email at
apatnode@keene-ymca.org



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All Open Gymnastics:

- Open Gymnastics is FREE to members. This is a free membership service.
- Non-members, if there is space 5 minutes prior to the start time of the open gymnastics, can pay \$10 for Open Gymnastics. (The non-member must pay the appropriate guest fee to enter the building first)
- Space is limited to the first 18 members for Mini Open Gymnastics and 15 members for Youth Open Gymnastics that register online through the Y's homepage or through the Welcome Center. (www.keene-ymca.org or 603.352.6002)
- Members may register up-to 24 hours in advance.
- Members may only sign up for ONE time slot per day.
- Each participant needs to have their own reservation, made in their name.
- Members who registered must arrive 5 minutes into the start of open gym to hold your spot or it will be given to the first person on the waiting list.
- No shoes or socks may be worn on the gymnastics floor.
- Proper attire is required. No zippers, buttons, belts or buckles.
- No jewelry or loose items in pockets. Exception for studded earrings.
- No running, walking feet only.
- One person at a time on equipment, unless otherwise stated.
- Always try and land on our feet or bottom if jumping into foam pit.
- Staff have the right to ask any child or participant at any time to sit out, if the staff person feels the child or participant is not being safe and following the rules.

Mini Open Gymnastics:

- Only members 18 months to 5 years are allowed on the floor, accompanied by an adult guardian.
- Up to 5 children may bounce on the Tumbl Trak at one time, but need to be courteous of those who want to jump down into the foam pit.
- No flipping into the foam pit.

Youth Open Gymnastics:

- Only members 5 years to 13 years old are allowed on the floor.
- Must pass a flip test before flipping into the foam pit.
- No flips on the floor or Tumbl Trak.
- May climb the cargo net, two at a time.

Advance/Adult Open Gymnastics:

- Only members enrolled Advance Gymnastics, Rising Stars, Y Gymnastics Pre-Team/Team, approved by the Gymnastics Coordinator, or over the age of 13 are allowed on the floor.
- Advance tumbling and flipping will be allowed on a case by case basis.

**GYMNASTICS STAFF HAVE THE FINAL DECISION REGARDING ANY RULES
OR SAFETY ISSUES IN THE GYMNASTICS CENTER**