



YMCA Gymnastics Handbook





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ACHIEVE EVERYWHERE

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Welcome to **THE Y** **BRISBANE**



We're delighted to have you as part of our community and we look forward to working together to help you and your family live happier, healthier and more connected lives!

For more than 155 years, the Y Brisbane has influenced the wellbeing of millions of children, young people and adults.

As well as an exciting gymnastics program, the Y Brisbane also runs fitness clubs, swimming pools, camping, early learning, family day care, outside school hours care, vocational schools, youth programs and so much more!

We deliver inclusive programs that meet community needs, and raise funds to help make our activities accessible for everyone. We work with government, corporate and community partners who are also committed to improving the health and happiness of all people.

HUMBLE BEGINNINGS:

The YMCA was founded in 1844 by British fabric merchant George Williams, who gathered together a few of his friends so that they could exercise as a group. Little did George know, the idea would catch on and now the YMCA exists in 119 countries around the world, with more than 58 million members!

The Y Brisbane was established in 1864, and has been a thriving part of the community ever since.

For a fact: The YMCA helped invent

- **Basketball:** In 1891 Dr James Naismith, a teacher at the YMCA Training College in Massachusetts, USA, came up with the idea for the game. He introduced it to his class, who had become bored of marching and calisthenics.
- **International Red Cross:** After setting up the World Alliance of YMCAs in 1855, Henry Dunant went on to inaugurate the International Red Cross in 1863.
- **Father's Day:** In 1910 Sonora Dodd founded Father's Day at the YMCA in Washington, USA.



OUR VALUES

Honesty: Integrity, trustworthiness and fairness

Respect: Acceptance, empathy, self-respect and tolerance

Caring: Compassion, forgiveness, generosity and kindness

Responsibility: Commitment, courage and service

Safety: Security, protection, respect and the freedom to speak out



OUR STAFF

All YMCA staff members are qualified and experienced professionals, who are passionate about providing the best possible experience to the community.

Whether it be helping you to achieve your fitness goals, caring for your children, or providing you with opportunities to connect to your community, Y Brisbane staff will do their best to ensure that your experience of the Y is a positive one.

At the Y, we provide regular training and support for our staff.

Y staff members undergo accredited child protection training and hold a current Working with Children police clearance and blue card.

Working at the Y is more than a job for our people, it's a belief that we can have a positive impact on people's lives!





- Gymnastics at -
THE Y

YMCA Gymnastics caters for crawlers right through to those who are 90 years old. We offer a fantastic menu of movement for all ages and abilities.

Our emphasis is on providing an environment that is safe, fun and challenging, regardless of your child's skill level or age.

Our gymnastics programs encourage children and adults to develop confidence, coordination, creativity and discipline – all at their own pace!

YOUR GYMNASTICS PATHWAY

Congratulations on taking your first step into the world of gymnastics! Check out the exciting pathway you will advance through as you learn the wonderful sport of gymnastics.

Gymnastics

KinderGym

Under 5's

1

GYM BUBS

Crawling to 2.5 years old

Gym Bubs is a fun introduction to your little one's gymnastics experience. This parent/caregiver-assisted class focuses on play-based learning in our fun-filled gymnastics play areas. Your child will develop their fine motor skills and movement as they enjoy gripping, swinging, bending and crawling.

2

GYM TOTS

2.5 years old to 4 years old

Our exciting parent/caregiver-assisted Gym Tots classes help toddlers refine movements and further develop gross motor skills. They'll have loads of fun playing on our junior gymnastics equipment, building confidence class after class. Not only is Gym Tots great for teaching little ones balance and movement, but they will also learn to take turns, play with others, and learn to follow instructions.

3

GYM KIDS

4 years old to pre-prep

Being a little older, our Gym Kids classes enjoy more independent exploration of play and discovery. This program refines movement, core strength and focuses on both lower and upper both strength. Listening and social skills develop as children interact with others within a group. Children learn to move their bodies in all directions with forward and backwards rolls, and develop both sides of the body through balancing exercises.

YMCA is a recognised KinderGym Australia Provider through Gymnastics Australia.

Our program is guided by Gymnastics Australia's KinderGym Guiding Principles.

Gymnastics

Y Steps

Skip, hop and jump step-by-step along your gymnastics pathway!

Our Y Steps program helps children develop strength, flexibility and athletic ability. These classes are perfect for **school-age beginners, right through to developing junior-level gymnasts.**

Children doing Y Steps gain experience in a range of gymnastic activities and exercises – be it balancing on the beams, swinging on the bars or practising floor movements. Every student is encouraged to learn at their own pace and work towards reaching their own fitness potential in a supportive team environment.

The benefits of gymnastics don't stop at better balance, control and fitness. Y Steps lays the foundations needed for other types of sport such as swimming, dance or martial arts. It also teaches children life skills like teamwork, determination and confidence.

Thinking of trying out gymnastics? Y Steps has 13 levels, or 'Steps', each designed for different skill and age levels.

| Get set to roll through our Y Steps!

1

PREP – STEP 3: 5+ YEARS

At the beginner gymnastics level, it's the perfect time for kids aged five and older to develop fitness foundations, explore body awareness and follow simple instructions. In these classes, children learn simple gymnastic actions and safe movement awareness tumbling on the floor, swinging on the bars and balancing across the beam.

2

STEP 4 – STEP 6: 8-12 YEARS

Children aged eight to 12 will get hands-on practice trying more advanced movements using a range of gymnastics equipment. Our qualified and passionate coaches will guide your children through exercises such as cartwheels, handstands and walkovers – to name a few! Step 6 gymnasts will be on their way to developing Australian National Level 3 equivalent skills.

3

STEP 7-13: 9+ YEARS

Gymnasts get the chance to delve into artistic gymnastics, learning more complex moves on artistic apparatus. At this level, strength and conditioning are an integral part of the program and enhance performance. Gymnasts will learn more complex movements, such as front and back handsprings and forward and backward somersaults. At this level, gymnasts may have an opportunity to participate in some local competitions or events.



Gymnastics

Y Competitive

Building future gymnastics champions!

Our Y Competitive program sees talented boys and girls become young gymnastics athletes. Y Competitive is open to children and teenagers aged 7+ (step 5 and above) who meet the minimum physical ability test scores. These gymnasts must show they have a strong passion and drive to perform and commit to competing the exciting skills of the Australian Levels program.

Each class in the Y Competitive program is run by experienced coaches to help gymnasts reach their full potential. Our Y Competitive program for Women's Artistic Gymnastics (WAG), Men's Artistic Gymnastics (MAG) and Rhythmic Gymnastics (performance with hoop, ball, clubs, ribbon or rope) follows the Gymnastics Australia Levels framework. This means gymnasts have the opportunity to compete at Level 3-Level 10 local, state and national events, depending on age and skill.

Classes are offered to those who meet the set criteria.



Gymnastics

Y Gym Sports

Y Gym Sports classes are a high-energy, high-fun alternative to traditional gymnastics classes. Navigate obstacles, test your strength and challenge your focus through gym-based activities.

Y Gym Sports include many fun and interactive exercise programs to match your interests and keep you motivated on your fitness journey! Children doing Y Gym Sports classes can also do Steps Gymnastics at the same time to take their skills to new heights.



NINJA GYMNASTICS (AGE: 4 YEARS – TEEN)

Children will never be bored at Ninja Gymnastics as they race, climb, crawl and jump through our ninja obstacle courses. Ninja classes offer the ultimate warrior challenge for little ninjas to build strength and agility while testing their muscles and endurance.

Ninja Gymnastics classes boost children's confidence, focus and determination. No experience is required for Ninja Gymnastics!



NINJA TIME BREAKERS (AGE: 6+ YEARS)

Race through the ninja obstacle course for the fastest time! All kids from 6+ will get to compete on the ninja obstacle course and aim to beat their fastest time. Classes are split into different age groups to make sure all kids get a fair go!



GYM FIT (AGE: 12+ YEARS)

These classes have a body-weighted focus that strengthens young bones. See for yourself how our structured program increases coordination, balance and power. Gym Fit classes can also improve teen sleep quality and boost mental health. Suitable for those with no gymnastics experience.



TEAM GYM (AGE: 7+ YEARS)

There's nothing more exciting than teaming up with friends for gymnastics performances! Team Gym gets kids rolling, jumping, grooving and moving to electrifying routines. Teams use the floor, vault and mini-trampoline (trampette) to showcase their acrobatic and gymnastics skills.

Team Gym helps children shine as they build strong teamwork skills, improve self-confidence, social skills and reach new heights... All while having fun with friends!



FREE G (SCHOOL-AGE CHILDREN)

Freestyle gymnastics for adrenaline-seekers and those looking beyond traditional gymnastics! Think fast-paced courses and exercises to improve agility and develop tricks. These classes keep freestylers entertained with adrenaline-fuelled sports that fuse gymnastics and acrobatics with kicks, leaps, free running and tricking.

Free G classes are for high-energy kids with the desire to challenge themselves physically and mentally.



TUMBLING - INCLUDING BASIC TRAMPOLINE (AGE: 8+ YEARS)

Girls and boys combine passes and runs with tumbling skills to perform cartwheels, roundoffs, back handsprings, layouts, whips and tucks along a narrow-sprung surface.

This class is suitable for children who have completed some beginner gymnastics training or have had some previous experience in acrobatics, cheer or dance.



ADULT GYMNASTICS (AGE: 16+ YEARS)

Adult Gymnastics classes will transform the way you live, move and feel. They are a great alternative to traditional fitness classes, offering exercises you won't get to try elsewhere! Gymnastics focuses on improving balance and posture while also strengthening the body against potential injury.

Our skilled instructors will help you develop core stability and recondition your body from head to toe. Adult Gymnastics classes are available to beginners with no experience.



FITTER FOR LIFE (AGE: 50+)

Staying active in your 50s and beyond is one of the best gifts you can give to yourself. Fitter for Life 50+ classes will enhance energy levels, improve balance and develop stronger bones and muscles. Our program involves a range of gentle body-weighted workouts. It combines cardio with low impact exercise to enhance physical health and wellbeing.

Classes are a fun activity to do on your own or with friends. Our encouraging and supportive program is suitable for beginners age 50 and older. No experience is necessary.



INDIVIDUAL NEEDS CLASSES

One-on-one or small group classes catering to children who have a disability or learning difficulties. In these NDIS-approved classes, children are guided through individually-tailored exercises to improve physical ability and have fun!


Classes are generally one-on-one, held during the day. If your child would enjoy or benefit from group classes, this can be arranged.

The Y: A Safe Space for Everyone

At the Y Brisbane, we are committed to providing a safe, peaceful and happy environment for everyone to enjoy. We believe that the safety and wellbeing of children and young people is of the highest priority and this is reflected in our policies and practices.

PHOTOGRAPHY

Photography within the gymnastics hall is prohibited unless prior permission has been given by a YMCA staff member. The use of photos on our official website and social media pages will only be displayed once consent has been given and a photography permission form has been completed.

 Please do not be offended if our staff approach you about this, as we need to ensure safety for all children and members within our care.

During major events – such as recreational competitions – this rule is exempt, however we do ask that you are mindful of the policy and ensure that any photos taken are of your child or young person only or you have parental permission to take images of other children and young people.


SICKNESS

The Y Brisbane asks that members refrain from using our facilities if they are experiencing symptoms of an infectious illness.

SMOKING


Smoking is not permitted at any Y Brisbane service or its surrounding buildings, grounds or facilities.

BABYSITTING, CHILDMINDING AND PRIVATE COACHING SERVICES

 YMCA Brisbane staff are required to declare any pre-existing relationships with children, young people and vulnerable adults.

We request that you do not ask our staff to work for you outside the normal hours, ask them to pick up/drop off children, communicate with them on their personal social media accounts, or meet them outside of work hours, as this is in breach of our policies. Your cooperation in this matter is appreciated.


DECLARATION OF A PRE-EXISTING RELATIONSHIP WITH A CHILD OR YOUNG PERSON

 Our staff uphold privacy, safety and professional boundaries by not directly contacting individuals or families outside of the workplace.

If you have a pre-existing relationship with a Y Brisbane staff member, we may get in contact to confirm the nature of the relationship.

This will help us to work with our staff to maintain positive, professional relationships that are in line with our Safeguarding Policies.

THE Y BRISBANE STATEMENT OF COMMITMENT TO SAFEGUARDING

 The Y Brisbane, including its Board of Directors, commits to creating and maintaining an environment that ensures all people involved in Y Brisbane activities, programs or services act in the best interests of children and young people, and take all reasonable steps to ensure their safety, welfare and wellbeing.

There is a requirement for all Y Brisbane employees, volunteers (including its Board of Directors), student placements, consultants and contractors, affiliated associations, clients, parents, guardians and families to understand the important responsibility they have to:

- Protect children and young people from all forms of abuse, bullying and exploitation.
- Be alert to incidents of abuse and neglect occurring outside the scope of our operations and services that may have an impact on the children and young people to whom we provide a service.
- Create and maintain a safe culture that is understood, endorsed and put into action by all the individuals who work for, volunteer for or access our programs and services.



IF YOU SEE SOMETHING, SAY SOMETHING

Keeping people safe is everyone's business and we encourage all our members and staff to speak up and report inappropriate behaviour. If there are concerns about the safety of a child or young person at a YMCA site you can:

1. Report that concern to the Manager on duty
2. Call the Y Brisbane Child Protection Advisor on 0436 676 832
3. Email safeguarding@ymcabrisbane.org

SAFEGUARDING GUIDELINES FOR CHILDREN AND YOUNG PEOPLE

Please read these with your children and/or young people and ensure that they understand their rights and what is expected of them at the Y.

As children and young people you have the right to:

- **Enjoy your time** at the Y.
- **Feel comfortable** and supported.
- **Be respected** and listened to.
- **Be and feel safe**.
- **Talk to a parent/guardian or staff member** if you feel upset, unsafe or uncomfortable.

We expect that you:

- **Ask staff** if you need to leave the group/main area and always go in pairs.
- **Keep your hands to yourself**.
- **Treat others with honesty, caring, respect and kindness**.
- **Tell staff** if you feel unsafe or uncomfortable in any situation so we can help you.
- **Follow the rules** at the Y.

YMCA staff will:

- **Provide** you with a safe space to learn gymnastics.
- **Treat** you with honesty, caring, respect, responsibility and safety.
- **Create** a space where you feel comfortable and familiar.
- **Listen** to you, support you and try to resolve any concerns you may have.
- **Supervise** you while you are at the Y.
- **Wear a YMCA uniform** or name badge when working.

We will NOT



Take pictures of you without permission.



Transport you in our own car without parent/guardian permission.



Be alone with you in a private space, where we cannot be observed by others.



Call or text you from our own phone or make contact with you on social media.



Gymnastics Guidelines

CODES OF BEHAVIOUR FOR GYMNASTICS

My Gymnastics Pledge

- I am ready to start class on time.
- I always bring my water bottle to class.
- I wear appropriate clothing, keep my hair tied back and do not wear loose jewellery during class.
- I only enter the training area when instructed by my coach.
- I move safely around the gymnastics hall.
- I follow all instructions given by my coach.
- I will let my coach know if I am injured or feeling unwell.
- I support my fellow gymnasts during class.
- I listen when others are speaking and wait patiently for my turn.
- I try my best at all times.

Responsibility of the parent

- Remember that children participate in sport for their enjoyment.
- Never ridicule a child for making a mistake.
- Ensure you know the rules of the gym and teach them to your child.
- Parents are responsible for the safety of children not involved in classes.
- Always encourage your child to respect their coach and fellow gymnasts.
- Focus on your child's efforts, and leave the coaching to the coaches.
- Encourage children to participate in sport, do not force them.
- If you need to speak with your child's coach, wait until the class has finished.
- Show appreciation for all coaches, judges and administrators – without them your child could not participate.
- Remember that children learn best by example.
- Respect the decisions made by coaches and judges and use appropriate methods of expressing concern.
- When your child returns to training after injury or illness you will be required to supply a medical certificate clearing them to return to training.

Our coaches are qualified professionals committed to achieving the best result for your child. In the interests of your child's development and progression, we ask that you leave technical instructions and feedback to the coaches.

Approach your child's coach to discuss your concerns respectfully. If parents have further concerns, please contact the centre manager.

Responsibility of the coach

- Respect gymnasts at all times.
- Deliver feedback that is constructive and positive.
- Speak and behave appropriately in front of gymnasts at all times.
- Remain unbiased when choosing gymnasts for team competitions.
- Allow kids to have fun!

CLUB DISCIPLINE POLICY

Gymnasts are expected to follow the rules and behave in an appropriate way that is conducive to learning.

The coaching staff will discuss appropriate behaviour within the gym. If a discipline problem occurs the following procedure will be applied.

Step 1 - The coach will discuss the problem with the gymnast and remind them of our rules and values. The gymnast may be asked to sit out or take time to reflect on how to resolve the problem before rejoining the lesson.

Step 2 - Upon a second incident, the parents are called and informed of the situation.

Step 3 - If a discipline problem persists, a meeting with the gymnast, parents, head coach/manager and the gymnast's coach is held. A solution that is suitable to all will be reached.

SPOTTING, STRETCHING AND MASSAGE

Due to the nature of the sport of gymnastics, spotting and manual handling of children and young people is an essential part of coaching aimed at teaching gymnasts the correct technique and reducing the risk of injury during new or challenging skills.

We understand that unintentional inappropriate physical contact may occur due to the nature of spotting and stretching of gymnasts. YMCA Brisbane coaches are trained and must be up-to-date on all spotting techniques and child safety areas from national and state governing bodies. They will always put your child's safety first. It is a requirement for all coaches to follow YMCA Brisbane policies and procedures and report any accidental inappropriate contact.

This policy and associated procedures exist to create a safe and supportive environment for children and young people in our services.

Gymnastics - FAQs

MEMBERSHIP

Suspending my membership

Membership suspension is available. Please contact your centre to discuss your options.

Cancellation policy

Members may cancel an enrolment after the minimum period of 10 weeks by providing the centre with a completed variation form with a minimum of 14 days' notice.

OUR COACHES

All YMCA coaches are accredited with Gymnastics Australia and attend in-house and Gymnastics Queensland-run workshops and courses regularly to continue their professional development as a gymnastics coach. If you have a concern about your child's coach, please contact your centre's Gymnastics Coordinator or Programs Manager.

FEES AND PAYMENT

Gymnastics annual fee

All participants in a Y Brisbane gymnastics program are required to pay a registration and insurance fee when they enrol. This fee is charged annually and ensures your child is affiliated with Gymnastics Queensland, regardless of the time of year your child may have commenced our program.

Gymnastics registration transfer

If you have paid a Gymnastics Queensland insurance registration fee with another provider during the same calendar year, it will be transferred across with you when you enrol with the Y Brisbane. Please let us know if this is the case when you enrol.

Refunds and failed payments

Should there be any failed payments from your account, you are responsible for any fees and charges incurred by the bank.

In an event this payment fails, the payment may automatically be re-billed on the next debit date and a failed payment fee may apply. We can arrange a refund in instances where a medical certificate is provided.

Gymnastics - FAQs

PICK UP AND DROP OFF

Where do I drop off/pick up my child?

Please ensure that you drop off and pick up your child from inside the centre or at their designated drop off zone.

Our coaches instruct classes back to back and are unable to supervise your child once they leave the gymnastics arena.

What do I do if I am running late to pick up my child?

Please call the centre. A staff member will supervise your child until you arrive.

Please note: A late fee may be incurred for any children that are waiting 15+ minutes after the completion of their class.

VIEWING CLASSES

Can I watch my child's class?

The Y does not restrict the viewing of any of our gymnastics classes. Some centres may have limited seating and capacity requirements, should social distancing measures need to be in place. Please ensure you check with your centre before staying. We do ask that parents and siblings remain quiet and respectful towards all groups while training is in session. If you wish to speak with the coach or any gymnasts, please refrain from doing this until they are off the gymnastics floor and have finished training.

BATHROOM POLICY

It is policy that all students under the age of 13 go to the bathroom with a buddy.

However, we do ask that you take your child to the bathroom before class to prevent class interruptions.

ILLNESS OR INJURY

Gymnasts and parents/guardians must inform the coach of any injuries or illness that will impact upon the child's ability to participate prior to starting the class. This allows the activities to be designed for the day to prevent aggravation to the injury.

For any new injuries that may involve restriction of activities, please provide the coach with a written statement from a healthcare professional with reference to what activities should and should not be undertaken and for what period.

The Y Brisbane can suspend payment for the period recommended by a medical practitioner. A medical certificate must be presented to receive a suspension or credit for lessons.

If the gymnast is sick with an infectious condition, including influenza or viral conditions, parents/ guardians are asked to refrain from bringing them to class. This prevents the spread of such illnesses.

If a gymnast becomes ill during the course of a class they will be asked to leave the class and the parent/guardian will be contacted to pick them up. If you cannot be contacted in the case of an accident, you authorise us to seek any medical, hospital or ambulance services as we see fit and you agree to meet all expenses involved.

Insurance/claims process

Important: The Y Brisbane does not offer personal accident insurance for members. It is the responsibility of members to assess their personal circumstances and obtain their own advice about health and accident insurance and whether that which is offered through affiliation with Gymnastics Queensland is appropriate and/or sufficient.

Gymnastics Queensland insurance claims: Should you wish to make an enquiry or claim with Gymnastics Queensland, contact:

National Phone number: 1300 306 383

Email: sport.australia@marshadvantage.com

CHANGES TO MEDICAL OR CONTACT DETAILS

Any changes to a gymnast's medical conditions or parent/guardian emergency contact details need to be highlighted to the front desk staff so relevant changes can be made.

This information is essential in providing a supportive and safe environment to each of our gymnasts.

EMERGENCY PROCEDURE

All staff members are trained in emergency response and management procedures. In the event of an emergency please ensure you and your child listen to instructions given by staff.

MAKE-UP CLASSES

Make-up classes may be available at your child's YMCA centre. Please check with reception to find out more details on their policy.

Important to note:

- Make-up classes are only based on availability. The Y cannot guarantee that there will be available spaces in classes.
- Make-up classes must be booked and must be used during the current term. They cannot be rolled over into the next term. A booked make up classes cannot be re-book or re-scheduled if missed.

Gymnastics - FAQs

Public holidays

Classes falling on a public holiday will not be charged to your account. For competitive teams or levels teams, it is at the discretion of centre management and staff availability to schedule a make-up lesson where possible.

Participants with a disability or any condition requiring notification to coaches

We request that if your child has a learning difficulty, disability, medical condition or any other condition that requires notification, that you advise the coach of the program prior to the commencement of the class and ensure all details are completed on the enrolment form. This is so coaches can ensure that all participants are catered for and can have the best possible experience in the gym.

TESTING AND ADVANCEMENT

Why do gymnasts do testing?

We use testing as a means of assessing and tracking your child's gymnastic development. Each term, your child learns new and more difficult skills. Testing allows us to move your child through the Steps program as they improve.

What happens in testing?

Each child is individually assessed on their ability to perform a checklist of skills. Gymnasts will be taught these skills by their coaches during the term.

The coach gives a rating to each assessable skill - Introduced, Progressing or Competent.

Once it is determined that the gymnast can perform all prescribed skills competently and safely, they are moved up a Step.

How long does testing take?

All gymnasts enrolled in the Steps program will be continually monitored and tested across the term. This allows gymnasts to continue to improve on their performance and can be moved up to the next step at any time across the term when they have achieved the required skills for the current Step.

When being moved to a higher level in competitive gymnastics, coaches will consider the gymnast's skill level, current physical testing abilities and results, success at the current level, possible success at the next level, mental attitude, and their desire and work ethics.

How will I know my child can move up?

Communication will be sent out to you via email or through the Gymnastics Coordinator notifying any parents of a gymnast's progressions.

For those centres with our electronic testing system, parents will be given log in details and can monitor their child's progress through Greenedesk.



A black and white photograph of a gymnast performing a handstand on a wooden beam. The gymnast is wearing a dark, sparkly leotard and has her hair in a bun. Her body is arched, with one leg extended horizontally to the left and the other bent. Her hands are firmly planted on the beam. The background shows a wooden wall with horizontal slats.

COMPETITION & EVENTS

When a competition or event is coming up, our coaches will let you know. This will generally take place through handouts, emails or group text messages. Information of up-and-coming competitions or events will be given out with as much notice as possible.

ENTRY FEES

All athletes are required to pay an entry fee associated with the competition they wish to compete in. This fee may differ from competition to competition.

If required, a levy may be added to the entry fee to subsidise travelling expenses for the coaches.

Entry deadlines are given for all competitions. Competition fees must be paid prior to the entry submission.

Competition fees are non-refundable, so your child must be willing to compete or forfeit the fee. Competitions, especially at higher levels, are sometimes held outside the state. Parents are responsible for any associated travel and accommodation costs.



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GET IN TOUCH

The Y Brisbane is a people organisation and we value your point of view. If you have feedback or suggestions for us, there are a number of ways you can get in touch...

Speak to our friendly staff on the phone, via email or in person.

Use the suggestion box at your local YMCA or complete our surveys.

Thank you for joining our Y Gymnastics family!
Begin Here, Achieve Everywhere

