

PARRY'S GYMNASTICS

OPEN PRACTICE TIME



Open Practice Time is an opportunity to increase your training hours to work on skills you are learning in your regularly scheduled workouts. No coaching or spotting will be provided during **Open Practice Time**. We provide the facility, utilities, supplies and extensive matting and equipment needed. You provide the talent, work ethic, physical readiness and dedication required to progress at your own rate. Gymnasts should set individual goals of accomplishment for each session attended and work independently to achieve them. **Open Practice Time** is available **during all hours the gym is open** at a low **rate of \$10 per hour payable at the door**. A payment slip must be submitted with your payment. Learning how to work more independently is considered by efficiency experts as a positive approach towards achieving desired results.

Independent work refers to the ability to work self-sufficiently on a variety of skills requiring only general supervision. It entails being self-aware, self-monitoring, and self correcting, taking initiative, working diligently to complete tasks, and taking ownership of mistakes. Essentially, it means being able to work freely and effectively without constant oversight from a coach. A parent is required for beginner-intermediate levels.

GENERAL RULES

- **Open Practice** is a time to practice and work hard, not a time to socialize and waste time.
- No new skills may be practiced that have not been introduced in regular classes or workouts.
- Only skills may be worked that do not require spotting or direct assistance from a qualified coach.
- Classes and scheduled groups will have equipment preference over **Open Practice** individuals.
- **Open Practice** may not be a substitute for classes or workouts scheduled for your level. The sessions are designed to be in addition to your regularly scheduled classes or workouts with instructors.
- Parents of beginner through intermediate levels **must** accompany gymnasts on the floor during **Open Practice** sessions and may assist as needed.
- Gymnasts must be picked up promptly at the gym closing time.

GUIDELINES

- The focus must be on mastery of skills through lots and lots of safe, quality repetition.
- It is very helpful to practice various "lead up" drills in the obtainment of skill accomplishment.
- **Bars:** Pullovers, back hip circles and high bar swings for lower levels. Upper levels may work: kips, casts, free hip circles and strap bar swings. Kipping into casts and multiple kips should be practiced.
- **Beam:** Turns, various jumps, leaps, dance combinations and acro skills should be emphasized.
- **Floor:** Turns, leaps, jumps, dance combos and routine sequences should always be practiced with strong emphasis on correct form and good technique. Acro skills may not include saltos without permission.

GYM HOURS

LOCATION	DAYS	HOURS
BALDWINSVILLE	MONDAY - FRIDAY	4:30-7:30 PM
HAMILTON	TUESDAYS - THURSDAYS	3:30-6:30 PM

OPEN PRACTICE RATE CHART

1 Hour	1.5 Hours	2 Hours	2.5 Hours	3 Hours
\$10	\$15	\$20	\$25	\$30