



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Bath Area Family YMCA  
303 Centre St.  
Bath, ME 04530

## Private Gymnastics Lesson Participant Request Form

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Private lessons often yield great results. Working one-on-one allows a greater focus on the athlete's strengths and needs, while building coach-athlete relationships by talking through goals, struggles, and working on certain skill sets. Private lessons are dependent upon the instructor and gym availability, and are generally scheduled for Saturdays.

**Ages:** 6-18  
**Fee:** \$30 per half hour

Participant name: \_\_\_\_\_ Age \_\_\_\_\_  
Parent/guardian name: \_\_\_\_\_  
Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Membership?  Yes  No

### Desired Lesson Focus (Please Circle):

Bars            Beam            Floor            Vault  
Dance alignment & form            Designing a home conditioning program\*  
Competitive routine work  
Individual skill: \_\_\_\_\_

**\*Parents, please plan to be active in this lesson.**

### For Administrative Use Only:

Date submitted:  
Lesson scheduled for:  
With:  
Communicated with participant/parent on:  
Lesson focus:  
Paid at front desk: \_\_\_\_\_



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**\*THIS PAGE IS TO BE RETAINED BY THE MEMBER\***

1. Private gymnastics lessons are for students ages 6-18.
2. The request form must be completed for each individual session, unless regular, ongoing lessons are agreed upon between the coach and athlete.
3. You will be contacted via email, phone, text, or in person after submitting your request form.
4. Payment must be made in advance of a lesson.
5. Private lessons are dependent upon instructor and gym availability, and there may be other lessons or activities (karate, climbing wall, basketball game, etc.) occurring in the area.
6. Cancellations must be made 24 hours in advance. Please contact your instructor directly. A make up lesson will be scheduled.

If you have any questions or concerns, please do not hesitate to contact  
Gymnastics Coach Gerry Bellemare at [gerrybellemare98@gmail.com](mailto:gerrybellemare98@gmail.com) or call 207-213-0641.