

Macleod YMCA

MY GYMNASTICS

Class



Name:

Macleod
Recreation and
Fitness Centre


Banyule

the 

I have my
gymnastics class
on _____
at the Macleod
YMCA.



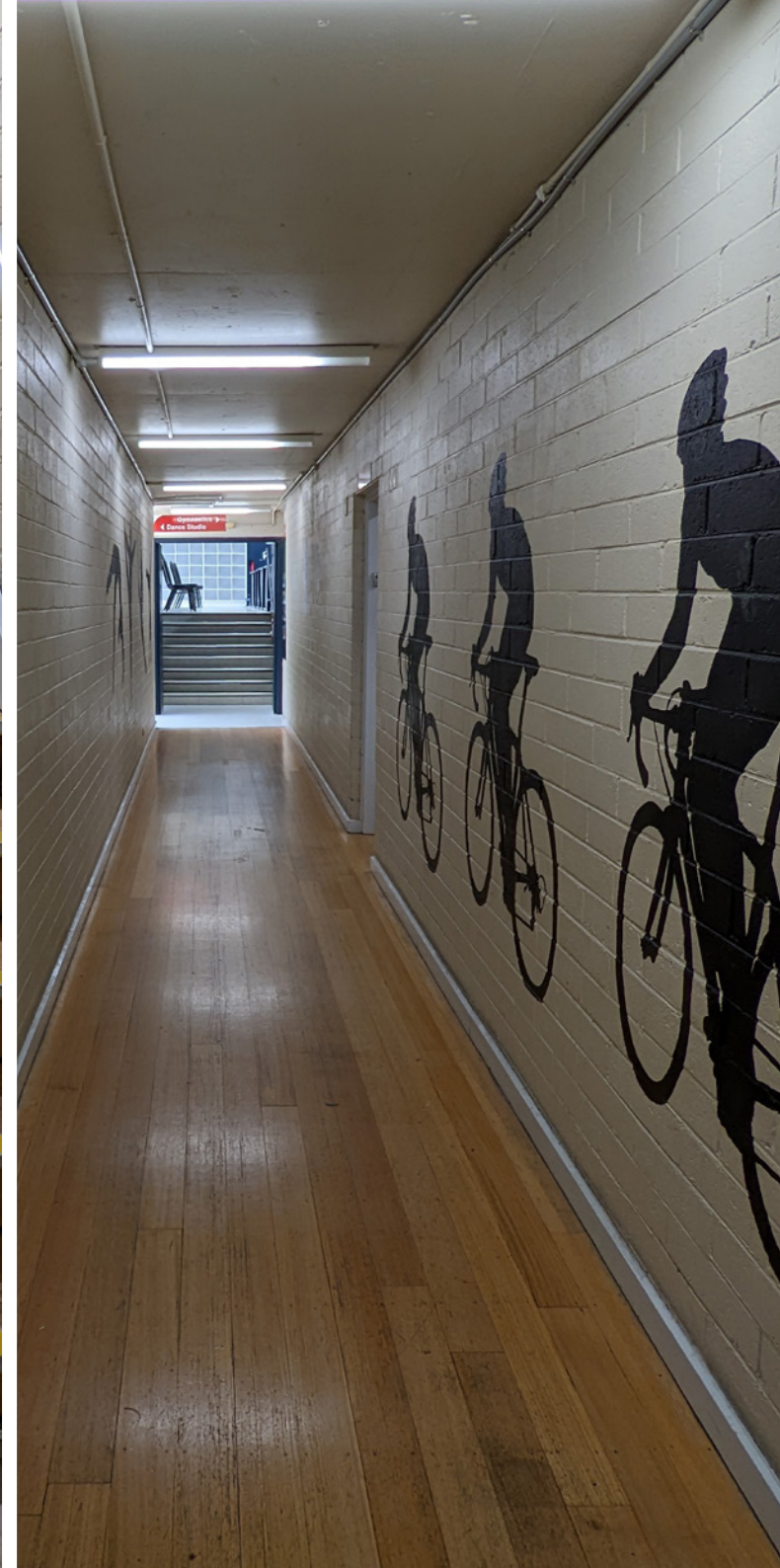
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When I arrive,
I need to scan
my card at the
front desk.

There are
toilets near
the front desk
too, and I go
to the toilet
before class.



I walk up the stairs and down the corridor to the gym.



I take my shoes and socks off, and place them in a pigeonhole.



I wait on the white floor until our coaches explain the rules.

We will also look at the timetable to see what activities we will be doing.

ACCESS CLASS TIMETABLE								

Macleod Recreation and Fitness Centre

Banyule the Y

Our class begins with free play in the gym, and I can have a turn on lots of different equipment.



After our free play we have our warm up.

It's very important to warm up, so I don't hurt myself.



Our coaches will demonstrate some activities for us to do. After I watch, I can have a turn at the activities too.



If one of the activities is a bit tricky, that is okay. I can ask the coaches for help, or I can try something else.



If someone else is using the equipment I want to use, I need to make sure I wait my turn.

We all share the equipment with our friends!



When the class is finished, we say goodbye to our coaches.

We put our shoes and socks back on, and walk down the corridor and go home, thinking about all the fun I had in gymnastics today!

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