

Class Exhibitions: December 13 & 15, 2010 & May 2011

Registration. Starting in December 2010, ALL gymnasts must re-register for the upcoming session. Registration will take place on Monday, December 13, 2010, Wednesday, December 15, 2010, and Thursday, December 16, 2010 from 5:00 p.m. to 7:00 p.m. Classes are a first come, first serve basis, so register early.

Attire. All gymnasts must have a leotard in order to take class

Class Withdrawal. We assume enrollment is for the entire session unless the student is withdrawing from the program. YOU MUST CONTACT THE FRONT OFFICE BY THE 10TH OF THE MONTH OR YOU WILL CONTINUE TO BE BILLED FOR THE REMAINDER OF THE SESSION.

Dropping and Re-entering. When joining gymnastics you are making a commitment for the session. Students cannot drop out and re-enter at will. Re-entering will be based on an opening in the class and a \$10 re-entry fee will be assessed.

Make-up Policy. Classes missed due to illness, emergency, school function, or vacations may be made up by scheduling a make-up class with your instructor or through the Sports Director. If Girls Inc. cancels a class, a make-up class will be offered.

Parent Viewing. We ask that all parents wait in the basketball gymnasium while your child is taking class. The first full week of each month will be open for parent viewing. Dates will be posted outside of the gymnastics center.

Sign below if you have read and understand the contents of this handbook.

Signature. _____ **Date.** _____

girls
inc.®

Girls Incorporated®
Gymnastics Center
Guidelines

2011



Dear Parents,



We would like to take this opportunity to extend a warm welcome to our new and returning gymnasts and parents. The following material regarding the operation of the gymnastics center should be thoroughly reviewed. Please keep this Parent Handbook handy for future reference during the year.

At all levels, safety and the proper progression of skills is our most important concern. Frequently students want to learn the “hard” tricks right away. Competency in basic skills is essential since they are the prerequisite for more advanced skills.

Since strength and flexibility are essential in gymnastics, we recommend that gymnasts work at home on split stretches and bridges stretches, and crunches and push-ups (or exercises supporting the weight on the arms) to help increase abdominal and upper body strength. Given time and patience, skills will become easier for your child.

If you have any questions or concerns, please do not hesitate to contact us. We hope that you enjoy your time at Girls Inc.!

Janet Muldoon- Sports Director

Jan Anderson- Head Gymnastics Coach

Erin Robertson- Gymnastics Instructor

Jessica Musgrave- Gymnastics Instructor

Lindsey Newell- Gymnastics Instructor

Session Details.

Winter/Spring: January–May

Summer: June & July

Fall: August–December



Tuition & Fees. Full monthly payments are due by the 10th of each month. If fees are not paid by the 10th, a **\$10 late fee** will be added and the student will not be allowed to participate in the class.

NEW FEES EFFECTIVE

JANUARY 1, 2011–

Registration Fee. \$50 per year (\$25 January–June; \$ 25 July–December)

Twinklers– Preschool Gymnastics: \$30 per month

Sparklers– Beginning Gymnastics: \$35 per month (1 day a week);
\$55 per month (2 days a week)

Rising Stars– Intermediate Gymnastics: \$40 per month (1 day a week);
\$60 per month (2 days a week)

Super Stars– Advanced Gymnastics: \$40 per month (1 day a week);
\$60 per month (2 days a week)

Pre–Team (invitation only)– \$60 per month (2 days a week)

Level 3 (invitation only)– \$60 per month (2 days a week)

Level 4 (invitation only)– \$80 per month (3 days a week)

Level 5 & Prep Optional– \$85 per month (3 days a week)

Backhandspring– \$25 per month

Please note. There will be ABSOLUTELY no pro-rating of classes.

Example. Team gymnasts must pay the monthly fee, even if you choose not to come all 3 days.