



## **DID YOU KNOW?**

**Did you know** that when you sign your child up for a Kids Gym gymnastics class you are giving them a gift that will last a lifetime? Gymnastics education is an important part of teaching fundamental movement and life skills. The following is a peek at what your child will be learning, how they will be learning and why it is so beneficial! 😊

### **We teach for all LEARNING STYLES:**

Gymnastics is all about fun! That's why our gym is such a busy, stimulating place! We realize that our job as teachers is to accommodate and develop the different learning styles within each child. Gymnastics class is the perfect place to incorporate visual, auditory, kinesthetic, linguistic, logical and musical styles of learning. You will notice that we use picture cards, demonstrations, body shaping along with our verbal instructions in class. We are reaching out to all of the learners. We also want to stimulate their imaginations while we teach them physical fitness; so you will see us adding amusing themes and silly games to our gymnastics classes. We want all of the children in our class to thrive and everyone knows that a child having fun while they learn is a child that will retain what they learn.

### **We teach BALANCE:**

Gymnastics is all about balance! Sometimes we teach it in not so obvious ways; like carrying an egg on a spoon. Such games allow your child to SEE balance, FEEL balance and CONTROL balance. While doing this activity your child can appreciate balance while having fun. Exercising these fine motor skills also allows for a smoother transition into gross (large) motor skills. A part of their brain will remember that egg on the spoon when they are moving their bodies across the beam. Exercising hand-eye coordination on a frequent basis helps your child realize that they need to use their eyes in tandem with their other body parts to succeed in gymnastics. You will see a lot of similar, rather silly looking games in our circuits used to accomplish this goal, like: totter board & trying to catch it, rolling a ball to knock over the bowling pins and "fishing" with a little magnet attached to a string on a stick! It's all important!

### **We teach COORDINATION:**

Gymnastics is all about coordination! That's why you will see your child constantly climbing over, crawling under, spinning around and hopping on and off various pieces of equipment and toys. Did you know that they are learning gymnastics while all of that is going on? By asking your child to move various parts in different ways, at different times, we are preparing them for moving their bodies in a sequence of movements to accomplish that vault or a cartwheel someday! Also, a child's brain is stimulated when their body is moving in different directions. Moving the body

laterally, then horizontally, then vertically keeps those little synapses snapping! There is also an element of problem solving in these activities including kinesthetic awareness – the ability to know where their body is in relation to space and motion. SO, when your child is crawling through the tunnel...they are building coordination and exercising their brains!

**We teach toward SUCCESS:**

Gymnastics is all about flexibility and finesse, and repetition brings success! That is why you will see your child repeating those forward rolls (for instance) over and over again in class. The more your child repeats a skill the more flexible those particular muscles become. Whether it's doing a roll or hanging from the bar in that same position, your child is building up! And you may not hear it from where you are sitting, but each time your child repeats a skill we are asking just a little bit more from them. We are asking them to point their toes or hold those hands a little more like “pizzas”, or tuck that chin in just a little more... in order to challenge them in a way they feel comfortable.

**We teach CONFIDENCE:**

Gymnastics is all about confidence. You may wonder, as the weeks progress, that sometimes we will ask your child to do something that they seem a little bit anxious about. Or, we may not ask your child to do what some of the others are doing in class. We will use our best judgment in a situation to gauge if your child is ready (or not) to do a new or challenging skill. As the weeks progress and we get to know and love your child, we will start asking a little more from them. We teach a proper way to fall (a “safety roll”). We will never force your child to do something that they really don't feel confident enough to do. However, we also try NOT to let your child miss the opportunity to grow and persevere if we feel they are ready... even if they are not so sure!

**So, now you know!**

**Gymnastics is a wonderful opportunity for your child to grow  
both mentally and physically.**

**We thank you for your business and entrusting  
your children with us.**

## General Program Information

### Annual Family Registration Fee

The **non-refundable** annual family registration fee must be paid upon initial registration in all classes and Team practices and each twelve months thereafter.

### Registration for Classes

**The Fall Schedule (school year) is available mid-June.** You may begin registering on **Studio Director** as soon as enrollment is open. **You are only allowed to register for one class/term/child.**

During each term, you will receive a reminder after the 5<sup>th</sup> or 6<sup>th</sup> week with instructions to sign up for the next term. **TO AVOID LOSING YOUR SPOT IN A CLASS, PLEASE PAY YOUR TUITION BY THE SPECIFIED DEADLINE.** The Studio Director program will automatically drop students whose tuition is not paid for by the deadline. The last week of each term we open registration to new students.

**The Summer Schedule becomes available in early to mid-March.**

**Registration for both Summer Terms is on a first come, first served basis; you may register your child(ren) for Term 1 and/or Term 2 at any time after enrollment is open.** There is no priority registration for Summer classes or when transitioning from the Summer schedule to the school-year Fall/Winter schedule.

### Studio Director

All registrations are done online. The process is quite simple and doesn't require much of your time.

-Go to our website @ [www.kidsgyminc.com](http://www.kidsgyminc.com).

-Look for the "Register Now/Parent Log-in" that is located on the first page of our website.

-Follow the directions provided by Studio Director. The Studio Director program will help you through the creation of a family profile, adding students, accepting waivers, selecting classes, camps, clinics or auxiliary programs and, finally, adding payment (including membership fee) information and checking out.

-If you already have your profile completed, enter your Email and password.

-Don't forget to "check out" and pay or your class, or camp or enrollment in any of our auxiliary programs will be dropped due to non-payment.

Checks or cash for tuition may be given to office personnel. All returned checks are subject to a **\$35.00**

**SERVICE FEE. Any declined credit card charges are subject to a \$5 fee.**

### **Class Credit**

Should it become impossible for your child to complete a term due to prolonged illness or injury, please notify the office immediately. A credit (based on date of notification) will be applied to your Studio Director account that you can use for any classes, camps or auxiliary programs. We do not offer refunds. Occasional absences such as illness, vacations, bad weather, etc. are non-refundable and non-transferable. The registration fee is also non-refundable.

### **Make-up Policy**

You must notify us **at least 1 hr prior** to the start of class in order to receive a make-up; one make-up per term is allowed in an Open Gym. Days and times for our Open Gyms varies from Fall/Winter and Summer (see below for more information). TumbleKids Open Gym make-ups are 1-2 times/month.\* Pre-registration for an open gym make-up is necessary in order to secure your spot. Please call or stop by the office to do so. Make-ups cannot be transferred from one term to another. No shows for Open Gym make-ups are not eligible for rescheduling.

### **Changing/Dropping Classes**

If you need to make a class change, please call our office. We will do our best to assist you in finding an available space.

### **Closing/Cancellations**

We do not always follow local public schools when it comes to closures. Please use your own judgment when driving from your area. Kids Gym does not close for extreme cold. Should we have to close, **please check our Facebook page for closing information. NOTE: Kids Gym does not offer a make-up for weather-related closings.**

\*TumbleKids make-up (ages 1-5 yr) can also be scheduled in a Tuesday (10:30AM) or Friday (9:30AM) TK Open Play. TK Open play runs from October through April.

**OPEN GYM**  
**September – May**

Pre-registration is required for all Open Gyms including make-ups.

The cost for Open Gym is \$13/child for members and \$15/child for non-members.

Waivers are required by our insurance carrier—NO EXCEPTIONS.

Waivers must be read/signed through Studio Director by the child's parent or legal guardian.

Little Gym Open Gym (1-2 times/month)

For ages 1-3 year w/parent. Little Gym Open Gyms are Saturday (1-2 times/mo) 12:30-1:30.

Children (ages 1-3) must attend Open Gym in the Little Gym and be accompanied by an adult (18 yr or older) or legal guardian.

We also have TK Open Play Tuesday 10:30-11:30 and Friday 9:30-10:30 for ages 1-5 with parent.

Pre-registration is required.

No children younger than one year old are allowed in the Gym under any circumstances. No car seats, no front or back carriers or held in arms. The exception to this is our TK Open Play.

Big Gym Open Gym

Children aged 4-14 qualify for Open Gym in the Big Gym. All children must be 4-14 years old to qualify for Open Gym in the Big Gym. Open Gyms are every Saturday 12:30-1:30.

Pre-registration is required.

Cancellations

Kids Gym reserves the right to cancel Open Gym because of conflicts in the Kids Gym schedule. Open Gym cancellations will be posted on our Facebook Page.

\*TumbleKids make-up (ages 1-5 yr) can also be scheduled in a Tuesday (10:30AM) or Friday (9:30AM) TK Open Play. TK Open play run October through April.

## **Open Gym Summer**

### Big Gym Open Gym

Children aged 4-14 qualify for open gym in the Big Gym.

Tuesday from 12:00 PM to 1:00 PM and Wednesday 5:45-6:45

Pre-registration is required.

The cost for Open Gym is \$13/child for members and \$15/child for non-members.

Waivers are required by our insurance carrier—NO EXCEPTIONS.

Waivers must be read/signed through Studio Director by the child's parent or legal guardian.

### Small Gym Open Gym (1-2 times/month)

For ages 1-3 year w/parent. Little Gym Open Gyms are Tuesday 12:00-1:00 (1-2 times/month).

Students in our TumbleKids classes qualify for Open Gym in our Little Gym. Children (ages 1-3) must attend Open Gym in the Little Gym and be accompanied by an adult (18 yr or older) or legal guardian.

Pre-registration is required.

No children younger than one year old are allowed in the Gym under any circumstances. No car seats, no front or back carriers or held in arms.

### Cancellations

Kids Gym reserves the right to cancel Open Gym because of conflicts in the Kids Gym schedule. Open Gym cancellations will be posted on our Facebook Page.