



WELCOME

Let us start by welcoming you and your family to Easley Gymnastics! We look forward to getting to know your gymnast this 2018-2019 session!

MISSION STATEMENT

Our mission is to create happy, healthy and responsible children. This is done in a safe, fun and positive environment while encouraging them to reach their highest potential.

Through the sport of gymnastics, we are able to help teach your child to:

- Nurture their health and achieve a positive self esteem - Gymnastics will help build self confidence in your child as they develop and learn new skills
- Prepare them for a life of learning and physical fitness
- Build character – Gymnastics stresses the importance of doing the right thing, even when the teacher isn't looking
- Learn coordination – Gymnastics is the basis of ALL sports. The building blocks for athletic pursuits down the line are laid in gymnastics
- Have patience – Practicing standing in line for short periods of time and containing your excitement as you wait for your turn can teach your child patience
- Work together – From partner drills to moving a mat together, gymnastics teaches working together for a common purpose.
- Be persistent – Gymnasts must try and try again to achieve even the simplest of skills.
- Follow directions and safety rules

Communication – We will post information on the doors, papers will come home with your gymnast and information will be posted on our TV screen. We will always post payment due dates, make up dates and any information you may need using these methods as well as our Facebook page and website. We use email as minimally as possible, but will send out reminders for classes, make up days, spring meet practices and closings.

Tuition - All tuition payments are due by the first class of each month. Payments received after the 10th of each month will incur a \$5 per month late fee. We DO NOT mail monthly bills. We will post signs in the gym at the beginning of each month to remind you.

Commitment - Your child is enrolled in a 10 month program that ends on May 25, 2019. If at any time your child wishes to drop her class, we will allow a drop, only with 30 days written notice. A Drop Notice form is located on our website or you may obtain one from our office. You will be responsible for tuition until we receive the form. You will be charged for a full month up until the 30th day of notice. Drop forms must be filled out by the 25th of each month. Cancellation of the class will take place the end of the following month.

Attendance - We will take attendance during each class period. It is not necessary to call if your child will miss a class. We do ask if they plan to miss more than 2 weeks in a row, that you call us so that we may save your space. Gymnasts who miss more than 3 classes in a row with no explanation, will be dropped from class. You will still be responsible for tuition until we receive a Drop Notice form and the required 30 day period.

Payment Methods - We prefer Autopay as your payment method. This will come out of your checking account on the 1st of each month. You will receive a \$5 discount per month if you choose autopay. Forms are located on our website on the Forms Tab as well as in our lobby. We also take Visa, MasterCard, Discover, checks and cash. These payment methods will not receive a discount. There are no refunds or credits for missed practices. We do offer Make Up classes up to 6 times per session. You must preregister to attend. These classes will be held on Saturday mornings. You will receive notice of dates during the year.

We offer classes for 3 year olds and up. We also offer classes for boys from 3 – 5 years old. We do ask that your child be potty trained. If they are not, please take action to ensure there won't be any accidents on the equipment. Please also make sure your child has gone to the rest room before each class. Should they need to use the restroom during class, you will be required to take them.

Email - Please make sure we have your email on file. In instances of closure for weather or unforeseen incidents, we need to be able to get in touch with you quickly. We will always post information on our Facebook page and our website at www.EasleyGym.com.

Skills - Your child will be evaluated during class. Each coach has skill sheets for each gymnast, and will mark off skills as they are achieved. As soon as your gymnast achieves each required skill by level, we will contact you to see if you would like to move her to the next level. Once a major skill is perfected, you will see your child ring a bell and everyone in the gym will stop to cheer her on while she performs her new skill. Our new Pullover wall will celebrate our gymnasts who have mastered this skill.

Explanation of our Levels: (These are just some of the skills needed for each level)

Our levels are designed to follow USAG competition skill levels. The skills listed below are just some of what is needed for each level. Your child will move up each level as they complete all of the necessary skills in their current level.

Beginner

Vault – Using Mat

- Jump with 2 feet
- Hurdle
- Straight Jump

Uneven Bars

- Pullover (May step into it)
- Front Support
- Cast

Beam

- Mount
- Releve Walks
- Lever
- Passe Balance

Floor

- Front Roll
- Back Roll
- Handstand

Level 1

Vault – Using Lower Resi Mat

- Jump with 2 feet
- Hurdle
- Straight Jump
- Handstand Flatback

Bars

- Pullover (Focus on taking off from two feet at same time.)
- Front Support (Straight arms)
- Cast (Hips must leave bar)
- Back Hip Circle

Beam

- Leg Swings
- Passe Balance
- Straight Jump
- Lever (Very tight and controlled)
- English Handstand

Floor

- Handstand (Should be vertical)
- Cartwheel
- Split Jump (Aim for 90 degrees)

Level 2

Vault – Using Full Size Resi Vault

- Straight Jump
- Handstand Flatback

Bars

- Pullover (Master 2 ft take off)
- Cast (Aim for Horizontal)
- Bac Hip Circle (Straight body, controlled finish)
- Leg Cut (Front & Back)
- Front Mill

Beam

- English Handstand
- Straight Jump
- Side Handstand
- Pivot Turn
- Passe Balance
- Arabesque

Floor

- Cartwheel (Pass through inverted vertical)
- Handstand (Vertical)
- Round Off
- Bridge Kickover
- Leap
- Turn

FAQS

What should my child wear?

Attire – Your gymnast is required to wear a **one piece** leotard during practice. Please refrain from leotards that have skirts attached or are 2 piece (bra top style as bare midriffs are not permitted). Her hair must be pulled up away from her face and no jewelry (except post earrings) or bobby pins. Please do not send your child to practice with any kind of metal on their attire, buttons or zippers. These can damage our equipment.

May I stay and watch my gymnast?

We have an observation area upstairs that you may watch your gymnast from. We do keep the lights off, as we have reflective material on the glass so the gymnasts are not distracted by parents upstairs. We have very limited seating in the lobby and ask that these chairs be used by those that cannot walk upstairs. Please do not coach your child over the wall. This is distracting to not only your child, but to her class as well as the rest of the classes going on around them. If you feel you need to talk to your child, please ask someone from the office to get them for you. If you do not wish to stay, you are more than welcome to drop your child off as long as we have a phone number to contact someone during practice. Please do not leave until your child's class has started. Please do not leave siblings and/or friends at the gym if you do not intend on staying with them. We do ask that all gymnasts be walked in and picked up from inside the building. We also ask you to stay if you have a child younger than 5 that needs help in the bathroom. Our staff are not allowed to take children to the bathroom. Please do not park out by the main door waiting for your child. If you are going to be late for pick up, please call the office. We will have your child sit in the office until you get here. Your child will not be allowed to wait for you outside the building. If late pick up becomes an issue, we will be forced to charge late pick up fees.

Are your instructors certified?

All of our class and team coaches are USAG registered and trained, background checked and have CPR certification.

When is Payment Due?

Your payment will always be due by the first class of each month. A \$5 late fee will be assessed after the 2nd week of class. We prefer families use our Autopay method (form included, please return before July 26 if you wish for Autopay to start by August 1). If you choose to use Autopay with your checking account, you will receive a \$5 discount per month. We also accept cash, checks, Visa, MasterCard and Discover. You will not receive a discount with these methods of payment. Your fee will remain the same each month, regardless of attendance or the months with days off. Tuition fees have been calculated to include holidays over the 10 month period.

Bullying

Our classes are designed to help build team work skills. We have a zero tolerance policy for bullying. Coaches will try to resolve any incidents during class, but parents will be contacted if it persists.

Holidays

Each class will have 4 days off for scheduled Holidays during their 10 month session. Holidays include September 3, October 31, November 21-24, December 24-29, January 2, April 15-20, May 17-18. These classes are prorated into your monthly tuition fee. Should we need to close for weather or any other reason, those classes made be made up during our scheduled Saturday make up days.

Make Up Days

We will have 6 scheduled make up days on Saturdays throughout the session. These dates will be posted in the gym on the front windows, on the TV screen and an email will be sent to all students. Days missed for reasons other than scheduled holidays may be made up on these days, up to 2 hours per student. You must register with the office. Drop ins will not be accepted.

Parking

You may park in our main parking lot and the side parking lot. Please only park compact cars up against the building in the side parking lot. If those lots are full, there is parking behind our building. Please do not use the church parking lot, especially on Wednesdays or park at Stair Crafters. You may not park at the front door to wait for your children. This is a safety hazard for everyone in the parking lot and hinders traffic coming and going. Do not leave children, pets or valuables in your car.

Privates

For those wanting to enhance their skills, we offer private coaching sessions. These will be held on Saturday mornings. Please see the office to schedule privates.

Do you offer competitive teams? And how would my child qualify?

We have a Competition Team that competes in USAG sanctioned meets. We compete Xcel, Compulsory and Optional teams. Gymnasts must have certain skills to be considered for team. Normally a gymnast will go through Beginner, Level 1, Level 2 and then be asked to join our PreTeam. Preteam meets twice a week for 3 hours and is designed to teach skills needed to be considered for team. If your child desires to be a part of our team, regardless of her level, please let us know.

Supervision

If you have other children with you, please supervise them at all times. Siblings are not allowed to run around the gym on their own. Please help us keep Easley Gymnastics a safe place by not allowing children to stand, climb or jump from chairs, tables and other furniture. No running or horseplay is allowed in the hall or waiting areas. We do have a gym library that other children may use to keep themselves busy during practice. Please do not take these books home.

Water

Hydration is essential to any athletic activity! Students may bring a water bottle (water only) to keep in their cubbies during their water breaks. A water fountain is also located in the hallway.

Spring Meet

Each year in May we host our annual Spring Meet. This year it will be held on Saturday, May 18. This event is open to all gymnasts of any skill level and age. Your child will get to show off what they have learned through the year by performing a routine on each of 4 events. There will be a medal ceremony at the end (just like the Olympics!) and a team leotard is included in the participation fee. We will send out additional information in December with pricing and more specific information. The Spring Meet is not mandatory, but we do encourage participation to allow your child to get the full benefit of learning gymnastics.

Respect and Consideration

We expect respectful behavior at all times, for other students, coach, staff and our facility.