

# TRI-TOWN GYMNASTICS CENTRE

211 Hartford Turnpike  
Tolland, CT 06084  
**860 871-1964**  
info@tritowngym.com  
www.tritowngym.com



## IMPORTANT SCHOOL INFORMATION

**HOLIDAYS:** These days are not charged to the class schedule, they are made up during the year, much like "snow days" are made up at the end of the year.

### NO CLASSES ON THESE DAYS:

Labor Day **Mon. Sept. 4, 2023**  
Thanksgiving Day **Thur. Nov. 23 to Fri. Nov. 24, 2023** \*Classes resume Sat. 11/25  
Holiday Break **Sat. Dec. 23 to Mon. Jan. 1, 2024** \*Classes resume Tues. 1/2  
**No Feb. or April Vacation Breaks, classes will be held as usual**  
Memorial Day **Mon. May 27, 2024**

**FUN SHOW/ROUTINE WEEK**  
The last week of classes  
**June 2024**

**SNOW DAYS:** Class cancellations due to weather will be sent by email and can be found at:

[www.wfsb.com](http://www.wfsb.com)

Note: If Vernon/Tolland schools cancel classes there will be **NO** Preschool classes.

### MAKING UP CLASSES:

Must be approved by office and are allowed for:

- Illness
- Injury

**\*\*\*No make-ups for family vacations.\*\*\***

Must be completed within three weeks of the absence and before the last 2 weeks of classes. No walk-ins. Please call 860-871-1964, or request make-up prior to the lesson.

### DISCONTINUING CLASSES INFORMATION:

PARENTS **MUST EMAIL THE OFFICE**  
an instructor cannot take your notification!

## 30 DAY EMAILED NOTICE

FROM A PARENT IS REQUIRED IF A CHILD IS TO  
WITHDRAW FROM A CLASS.

**IF THIS NOTIFICATION IS NOT RECEIVED, YOU  
WILL BE BILLED FOR THE MONTH PLUS A BILLING  
FEE.**

**A \$15 service charge will be added to all emailed billing notices.**

### DRESS CODES: GIRLS:

Leotards or shirts and leggings or shorts

**NO** attached skirts  
**NO** tights.

### Hair tied back

before class starts

### No jewelry.

except medic alert bracelets.

### DRESS CODES: BOYS:

Shorts or sweatpants  
T-shirts or sweatshirt  
Socks

**PLEASE DO NOT WEAR JEANS,  
BELT LOOPS WITH RIVETS OR  
SNAPS ON THE WAISTBAND.**

Birthday Parties are available to current students on Saturday @ 3:30 pm and 5:30 pm by emailing your interested dates to

[info@tritowngym.com](mailto:info@tritowngym.com).



Limited to 16 children. Waivers required. \$300 for 1 1/2 hours. You provide the cake and refreshments.

Extra Help Lessons can be scheduled by email and through the parent portal only:

\$50 for clients or \$70 all others (30 min. lesson)

\*These lessons can be shared with a friend.\*

Tri-Town Gymnastics Centre is **NOT RESPONSIBLE** for lost articles in the facility. Please check to see if you have all your belongings when you leave the gym.

## August 2023 -- June 2024

It is the start of our 42<sup>nd</sup> year at TRI-TOWN GYMNASTICS. We want to thank all of you who have grown with our programs during these wonderful years. We have enjoyed watching your children develop their gymnastics skills, especially the multi-year children we have worked with. For those who are new, thank you for your interest in considering Tri-Town Gymnastics. We hope you will find it a fun, friendly, family gym.

Our professional, trained and certified staff continues to use the evaluation-of-skill charts throughout the year. Mastering these skills is the culmination of a full year's work. To facilitate both the learning and teaching process we have developed our "end-of-the-year" fun routines based on these skills. We have found them very enjoyable and the students enjoy performing for all their relatives and friends.

### Our Mission Statement:

Growth through participation has been Tri-Town's mission throughout these many years. Enjoyment, physical fitness and coordination are some of the benefits involved in taking part in our regular gymnastics programs.

Many of our parents have expressed how these benefits have enhanced their children's development of long-term confidence and self-image, helping with many of their everyday challenges and accomplishments, including other sports outside of gymnastics. This makes us very proud here at Tri-Town Gymnastics.

For the competitive athlete, we have boys and girls team programs. This involves a full year of practice with gymnastics meets. Please ask Debi or Frank for information regarding our team programs, about the commitments and the benefits this may have for your child.

Classes begin  
Fri., August 25, 2024

### REGISTRATION:

Family Registration is non-refundable and is \$30 per household. It is completed online from our website, or in our parent portal for families with an account. A **debit/credit card is required for registration.**

**Monthly tuition payments are due on the 1<sup>st</sup> of each month.** A \$5 service charge will be added on the 2<sup>nd</sup>. The re-running of declined cards is \$5. A \$15 late charge will be added for emailed billing notices if payment is not received by the 5<sup>th</sup>. If needed, cash or check payments must be arranged in the office and received before the 1<sup>st</sup> of the month and the returned check fee is \$25.

### ANNUAL INSURANCE included in tuition:

Each current student is provided liability and second rider accidental-medical coverage while in gymnastics and tumbling at Tri-Town Gymnastics, Inc.

**DISCOUNTS AVAILABLE:** 3<sup>rd</sup> child in a household or 3<sup>rd</sup> class 50% off, 4<sup>th</sup> + free

### OPEN HOUSE:

(to register at our facility)

**Tues. Aug. 22, Wed. 23, Thurs. 24,  
3 - 7 p.m.**

Trial classes available, register online through our website for

**Sat. Aug 26**

**12 - 3 p.m.**

### Parent/Child & Preschool Trial Classes:

Fri. Aug 25 @ 4 p.m., Sat. 26 @ 11 a.m. or 12 p.m., Wed. Aug 30 or Th. 31, 9 - 11 a.m.

### HOMESCHOOL TRIAL CLASS

Wed or Th. Aug 30 & 31, 11 a.m.

**2023-24**

Details	Hours/Wk	Class Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 yrs. & 3 yrs.	45 min.	Parent / Child						9:00
2 yrs. & 3 yrs.	45 min.	Parent / Child						10:00
4 yrs.	45 min.	Instructor			11:00	9:00		11:00
3 yrs. & 4 yrs.	45 min.	Instructor						9:00
3 yrs. & 4 yrs.	45 min.	Instructor						10:00
3 yrs.	45 min.	Instructor			9:00			11:00
20 mos. – 3 yrs.	45 min.	Parent / Child			10:00	10:00		11:00
20 mos. – 3 yrs.	45 min.	Parent / Child					4:00	12:00
3 yrs. & 4 yrs.	45 min.	Instructor				1:00		12:00
Home School	1	5 yrs.-up/Instructor			11:00	11:00		
<i>Both 5-7 yrs.</i>	1	Beginner I						1:00
<i>Both 8 &amp; up</i>	1	Adv.Cheer/Tumbling	3:15					
<b>Boys 4 ½ - 6yrs</b>	1	Boys Beginner I	4:30			5:30		
<b>Boys 7 - 13 yrs.</b>	1	Beg II		5:30				
<b>Boys 7 - 13 yrs.</b>	1	Boys Beg I & II	5:30					
Girls 7 - 13 yrs.	1	Intermediate			4:00			
Girls 4 - 5 yrs.	1	Beginner I				5:30		
Girls 6 - 8 yrs.	1	Beg I & II	5:00		4:15 & 5:00	4:00	4:30	
Girls 8 - 13 yrs.	1	Beg II		4:15				
Girls 4 ½ - 6 yrs.	1	Beginner I	5:30	5:15	5:30	4:15		
Girls 6 - 8 yrs.	1	Beg II	4:15			5:00	5:30	
Girls 8 - 15 yrs.	1	Beg I & II		5:30			5:00	2:00

**PRESCHOOL CLASSES START FRI., AUG. 25**

**LEVELS AND FEES**

**Parent /Child Classes:**

This level is to help with developing motor skills and interaction with other children

Class ratio: 12 parent/child combos to 1 instructor

**Instructor Classes:**

**3 & 4 yr old Classes:** This level is for basic motor skills, learning to listen and follow directions, and learning to leave parents. Class ratio: 6 children to 1 instructor

**4 & 5 yr old Classes:** This level is for basic motor skills, listening to directions, coordination and progressing toward basic gymnastic skills.

Class ratio: 8 children to 1 instructor

All of these programs work toward independence, creativity and self-confidence.

**PARENT/CHILD CLASS FEES (45 mins.):**  
\$60 per month

**INSTRUCTOR CLASS FEES (45 mins.):**  
\$80 per month

3<sup>rd</sup> child in household or 3<sup>rd</sup> class 50% off, 4<sup>th</sup> + free

Family registration is \$30.00 non-refundable, online in our portal or @ [www.tritowngym.com](http://www.tritowngym.com). Credit card required to be on file. Insurance is included in tuition.

**GYMNASTICS CLASSES START FRI., AUG. 25**

**LEVELS AND FEES**

**Beg I Classes:**

This level is for learning and developing basic gymnastics skills through regular practice, for example: forward roll, bridge, cartwheel, handstand, and standing roundoff on floor, kicks, pivot turn, straight and tuck jump on beam, chin-up, skin-the-cat, glide, pullover, cut and body shapes on girl's bars, pullover and swings on boy's high bar, L-hold, cut, snowplow and swing on parallel bars, chin-up, L hold and skin-the-cat on rings, and jump on board to flatback for girl's vault, or jump on board, stretch to stick for boy's vault.

**Beg II Classes:**

This level is for mastery of basic gymnastics skills through regular practice to advance and improve, for example: backward roll, bridge kickover, backbend, dive roll, and running roundoff on floor, scale, and headstand to hold for boy's floor, leap, lever, handstand, and cartwheel on beam, swing, dismount, and back hip circle on the bars, turns on boy's high bar, cut, swing and dismount on parallel bars, invert on rings, and handstand flop for girl's vault and jump to salto for boy's.

**Intermediate Classes:**

This level is for mastery of advanced gymnastics skills through regular practice to improve, for example: front and back walkover, advanced jumps and roundoff dismount on beam, sole circle, jump to high bar, and squat-on on bars, back dismount on parallel bars, mushroom, handstand on rings, and handstand off with coach and handspring for vault.

**Adv. Cheer/Tumbling Class:**

Handspring & basics required. This level is for advanced tumbling, jumps, motions and stunting.

Class Ratio: 8 children to 1 instructor

The students end their year with routines during Show/Routine Week in June 2024. These are a culmination of a full year's work.

**INSTRUCTOR CLASS FEES (1 hour): \$80 per month**