

NORTH SHORE GYMNASTICS

Thank you for your interest in North Shore Gymnastics!

Over the years we have had the pleasure of watching thousands of children learn, grow, develop, and mature into confident young adults who are ready to face the world. We look forward to the unique opportunities which working with your children present.

Gymnastics teaches not only self-awareness but also awareness of others. It teaches supportive behaviors such as self-discipline, independent thinking, cooperative learning, and perseverance. Children are encouraged in appropriate social behaviors such as taking turns and responsibility for their own actions. Leadership skills are promoted.

Self-confidence and self-esteem are developed when a child works hard and achieves a goal. At North Shore Gymnastics, skills are broken down into very small parts to give the child a good chance of achieving their goals. Tenacity, patience and the willingness to sacrifice are rewarded in gymnastics.

Gymnastics is the greatest overall body conditioning activity that you can have your child involved in. It develops strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, running speed, balance, courage and, in addition, grace, posture, and poise.

Because physical fitness teaches a healthy respect for one's own body, a "no drug" attitude follows.

INFORMATION AND PROCEDURES

SCHEDULE: Our program is set up with two eighteen week school year sessions and one ten week summer session. The following is a schedule of these sessions:

2023-2024 North Shore Gymnastics Calendar Schedule

Fall 2023 Session:	August 11- December 21 Holidays are September 4(Labor Day) October 31 (Halloween) November 22-25 (Thanksgiving)
Spring 2024 Session:	January 6- May 20 Holidays are February 10-16(Mardi Gras) March 29-31 (Easter)
Summer 2024 Session:	May 23- August 3 Holidays are July 4-6(4th of July)

Registration: During the 14th week of the session, information concerning registration and the new session will be emailed to you. In addition, a notice will be handed out in class during the 16th week, which will indicate the appropriate class for your child in the next session. For the summer session, the same procedure is used on weeks appropriate to the ten-week session. If you do not receive this notice or have concern about the level recommended, do not hesitate to call. You must contact the secretary or other person in the pro-shop to reregister your child. Your child's spot is not held unless you do. We make every effort to accommodate our present students. However, classes are filled on a first come, first serve basis every session among our present students. We do not guarantee the same time slot. This is because we have a limited number of classes and cannot offer the same number of each level when children progress to the next level. After the first week in which only current students are allowed to enroll, registration will open to previous students and then to new.

Tuition and Annual Fees: Payment MUST be made at registration. Annual fees are good from when you enroll until the following August. They are **non-refundable**, apply to all classes and each child, and prorated as follows: If your child begins with the program in the Fall Session-\$30.00, Spring Session-\$20.00, Summer Session- \$10.00. Children who attend 2 times a week pay monthly with tuition due the first day of the month. If monthly payments are made after the 10th, a \$5.00 late fee will be added to your tuition when you are invoiced. Because we limit our class size and have weekly progressional lesson plans in our developmental gymnastics program, we are unable to replace your child should he/she decide to drop out after the fourth week. Both parent and child should understand this policy because there are no refunds after the fourth week and, therefore, it is the responsibility of the parent to pay the entire eighteen-week session. In the event your plans change prior to the first week of the session, please notify our office immediately. This will allow a waiting child to attend and also be to your benefit.

NSF Check Charge: Oops! When your payment reaches the bank before your money does, your check will be returned to us with a notice of non-sufficient funds. Due to the resulting payment delay, bank charge and office handling, a \$25.00 NSF fee will be charged.

Family Discount: When a family has more than one child in our program, all children after the first will receive a 10% discount. This discount is taken off the tuition and does not apply to the registration fee. All team members, Tiny Tumblers Preschool and class students who attend twice a week with a monthly payment are not eligible for the 10% discount.

Insurance: Should your child sustain an injury while in the gym, our insurance acts as a supplemental insurance which covers most of any medical charges in excess of your primary coverage, less the current deductible which changes every year. We have no control over the changes. At this time, we have a \$25,000 max & \$100.00 deductible.

Tardiness: Please be on time to class if possible. It is important for your child to participate in the entire warm-up. In addition, stragglers cause confusion and slow the progress of the class. Children also get upset when parents are not there to greet them after class. The North Shore staff is responsible during your child's designated class time only. You are responsible for your children both before and after that time.

Suggestion Box: What is important to you? We are always looking for ways to improve our program. Thank you for sharing your ideas and comments. If the pro-shop is closed, you may drop tuition payments in the box.

Bulletin Boards: Check our "Gymformation" board when you come in for information concerning our program or gymnastics in general.

Important Information: All information regarding holidays, tuition due dates, are stated in our written literature and will be posted on the front door and the door to the pro-shop. This information will also be emailed.

Lost and Found: We have a basket located under the stamp table for large items such as shoes and socks. The nightly cleaning crew puts items left out each night in the baskets. For small items such as jewelry, we have a basket in the pro-shop. At the end of each session, we clean out these baskets and store the items in our storage closet. Then they are donated to the needy.

Safety: Safety at North Shore Gymnastics is foremost!! During the first week and at every opportunity after, children are exposed to the many safety rules of the gym. They work on safety rolls, fisting their hands if they fall, the correct trampoline safety, the correct way to land in the pit, the importance of doing most of these skills only in the gym, the importance of having safety spots until a skill is mastered. We also tell the children to remain behind the orange cones until their teacher comes for them. We want parents to understand that you are responsible for your children before and after class. Please be prompt picking up your child and reinforce what we tell them about NEVER leaving the building without you! We do not have the personnel to watch your child if you are late. They can go to the pro shop (when it is open) for assistance if they are concerned because you are late. This procedure does not work for the very young children so, please, please be on time.

Rules of the Gym:

1. No child should ever be outside without supervision! Park your car in a designated spot and accompany your child inside.
2. Please meet your child by the orange cones at the end of class. They are NOT allowed to go upstairs to find you.
3. Do not attempt new skills without proper supervision and a qualified spotter when necessary. Consult your instructor.
4. Use proper warm-up exercises before attempting new and or vigorous skills.
5. Gymnasts are not allowed on the equipment prior to class. If you arrive early, please put your belongings in a cubby and wait quietly until you are called for your class.
6. Only gymnasts are allowed on the floor. If you need your child, please ask the person in the pro-shop to get them. This policy is in effect for two reasons. First, there is a safety issue with the uneven floors and a request by our insurance company that we follow this policy. Secondly, it is definitely a distraction to have parents out among the children.
7. No food or drink is allowed in the gym or upstairs! Please help us keep our facility clean!
8. No "horse play" at any time while waiting for class.
9. When playing electronics, please keep the volume on low.

Attire: Wear proper attire, leotard or elastic band shorts and t-shirt, so that you can be safely spotted. Loose shirts are safety hazard and need to be tucked into shorts. Shoes should be removed before entering the gym. We prefer bare feet as matter of safety but, if you wish your child to wear socks, please make sure they fit snugly. Do not wear jewelry or big bows in the gym. We cannot be responsible for these items when the child removes them in order to comfortably perform their skills. Hair should be pulled back from the face if possible. For those children in the potty-training age please bring them to class in a pull-up.

Viewing Area: Upstairs is a glassed in, air-conditioned and carpeted viewing area with carpeted bleachers for seating. **NO FOOD OR DRINKS ALLOWED UPSTAIRS!! Accidents do happen!** We would much prefer to spend your money on the best equipment and teachers for your children and not to clean and replace carpet. Do not allow siblings to run and jump on the bleachers.

Pet Policy: They are NOT allowed! Even if your pet is well behaved and sits in your lap, some customers may be allergic and some children are afraid. In addition, if a toddler were to lunge toward your pet and poke at it unexpectedly, the pet may bite. Since our facility tries to meet the needs of children and we try to offer the safest possible environment, we ask your cooperation in this policy.

Siblings: The viewing area has not been designed for toddlers and because of the two stairways is not a safe place for them to play. Please keep a careful eye on these "precious future gymnasts" and please don't forget the older siblings. You are responsible for their behavior! No running or jumping on the bleachers! We also ask that you do not sit on the floor because this blocks the walk path. Please sit in the bleachers to watch your child.

Make-up and Missed Classes: Missed classes can be made up in any other regular class. **Only one child can make-up per class.** The class schedule is kept in the pro-shop and the staff member on duty will be happy to arrange a time convenient to you. You may either stop in or call. Make-ups are listed for the instructors, but children often do not understand that they are going to a different class than normal. It is important to know that if you schedule a make-up and, for some reason miss it without canceling it, this is counted as a make-up. NO make-ups for missed make-ups. **We only allow 4 make-ups per gymnast per session in the Spring and Fall session and 3 during the summer session. Make-ups do NOT roll over to the following session.**

Photography and Website: North Shore Gymnastics sponsors activities such as Saints Week, Purple and Gold Week and Spirit Week. During these weeks we take pictures which are then put on the website. Sometimes we just like taking pictures of our gymnasts that are working hard and having fun! Please let us know if you would not want your child's picture displayed on our website.

Fun Meets: The last week of the session will be used to hold "Fun Meets" for every class during the regular class time. Each child in our developmental program will receive at least 4 ribbons, one for each event. Those children in our tumbling program will receive 1 medal. Preschoolers will not have a meet, but instead will have a "Skills and Thrills" day and will receive a ribbon color of their choice as a reward for their accomplishments. Parents and friends are invited to watch but are not allowed on the floor!

Open Gym: This is supervised gym time on Friday evening from 6:30-8:30pm. Only currently enrolled developmental gymnasts who are at least 5 years of age are allowed to attend. Tumble Bears (3 and 4 year olds) are too young to participate in this activity. The cost is \$10.00 for admission and an additional \$5.00 for pizza. We only accept CASH!

Class Management Procedure: At North Shore Gymnastics we teach with enthusiasm and present skills in a way that we hope will be fun for the children. However, focus and discipline are required to progress in gymnastics. We have a gym-wide class management procedure, which is explained to the children during the first few classes. Children MUST be able to stay on their station and work independently when a coach is working with another student. If a gymnast is unable to stay in an area with the coach or is unable to work independent safely than he/she may not be ready for structured classes and will be contacted by the coach to discuss the situation.

Please understand that the very nature of this active sport does sometimes cause children to act inappropriately. If this happens, a verbal warning will be given followed by a time out if the behavior persists. If the child is still unable to control their behavior, they will be taken to the pro-shop or to the parents, if they are here. If the child does have to go to the pro-shop, the pro shop personnel will notify you. The instructor or gym manager will then contact you and discuss the incident as soon as he/she can. Most times it is not possible to conference at the very time of the incident because the instructor must continue their class, and many times, another class will follow directly after. If your child is sitting out, do not assume that he/she is in time out. Many times, the child is having a rest because of a "tummy" ache, etc.

Birthday Parties: We offer birthday parties every Saturday for children 4 years of age and up. Parties can be an hour and a half and cost \$200.00 or 2 hours and cost \$240.00. These costs are for 12 children. If you would like more information, you can call or go to the pro-shop.

Privates: We only offer privates to those students who are currently enrolled. A parent can call the pro-shop to get the names and numbers of those instructors who give privates and call the instructor personally to set it up.

WE ARE INTERESTED IN YOUR CHILD; PLEASE DO NOT HESITATE TO SPEAK TO US REGARDING ANY OF YOUR CONCERNS!

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GYM PHONE: (985) 624-8310
GYM EMAIL: info@northshoregymnastics.net
WEB SITE ADDRESS: <http://www.northshoregymnastics.net>

*****CAUTION*****

ANY ACTIVITY INVOLVING MOTION, ROTATION OR HEIGHT CREATES THE POSSIBILITY OF SERIOUS INJURY