

PROGRAMS OFFERED

Rolling Ripples (Parent-Tot): Ages 18 mos. – 3yrs

- * Learn structure, basic gymnastics skills on soft equipment along with explore time.

Recreation classes: Preschool age -18 yrs for boys & girls

- * Structured classes are according to ability, individually challenged and use safe progressions (Wave Runner, Tidal Wave, Tornado, Tsunami, Hurricane)

Boys & Girls Developmental & Competitive teams

- * Progress at a faster rate. It involves more intense skills, conditioning & time compared to the recreational classes.
- * Developmental team prepares them for competitive level 4-10 by participating in 4-7 local competitions.
- * Competitive starts at Level 4 for girls and boys. It involves a giant step into gaining strength, flexibility, skills and self-esteem. These teams come between 3-6 days/ week.

Group field trips

- * Offered for 1 hour (games/ equipment)

Birthday parties

- * 1 ½ hrs in gym. 1 hour of fun, games, equipment, last 1/2 hr for refreshments/gifts.

Private and semi-private Lessons

- * Individual instruction with great results.
- * Awesome for cheerleaders or gymnasts who want to focus on specific skills/ events.

Other Events (Watch Newsletters and signs for details!)

- * Sleepovers - ages 6 & up
- * Themed weeks for classes
- * Open workouts (ages 6-18)
- * Indoor Play Time(ages 5 & under)
- * Day camps during school holidays

Monthly Newsletters (also available on-line)

- Distributed at the door during pay week(4th week of month). This is our only means of communication. It is the parents' responsibility to be informed. Please be sure to from the counter at the door.

YEAR AT A GLANCE: September 6, 2011 - June 23, 2012

***PAY WEEKS:** Based on a 4 week month

Month:	week due:	Month:	week due:
Sept.	9/6-9/10	Feb.	1/23-1/28
Oct.	9/26-10/1	Mar.	2/20-2/25
Nov.	10/24-10/29	Apr.*add show	3/19-3/24
Dec.	11/21-11/26	May	4/23-4/28
Jan.	12/17-12/23	June	5/21-5/26

We accept cash, checks,
Flex fit,
MasterCard & Visa.
**Returned checks are
charged a \$20 fee**

***SHOWTIME: June 18 – 23rd (around \$15 added to April tuition)**

Our themed year end recital. Culminates all the hard work put into class throughout the year with a family show during your child's last class. 1x charge of around \$15 added to April's tuition.

***Tuition Policies**

- Paid registration fees and tuition are **non-refundable for any reason.**
- **Tuition pays your child's spot in class; it's not based on attendance.**
- Late tuition payments are assessed a \$5.00 charge: Late fees applied week 2(7 days after the Saturday in pay week-see schedule)
- Returned checks are assessed \$20 NSF fee
- **The adult signing registration/bringing child is responsible for tuition.**
Refer to #5 on registration form.

***SCHEDULED BREAKS: See desk or call for a make-up class**

- Thursday, 11/24: Thanksgiving
- Sat. 12/24: Christmas Eve
- Fri & Sat. 2/10 & 2/11: Nickel City Competition
- Fri & Sat. 4/6 & 4/7: Good Friday & Holy Saturday
- Fri & Sat. 6/1-6/2?: L5 State Championship
- Monday, 5/28th: Memorial Day

***PLANNED GYM CLOSINGS: NO make-up needed (5 week mo.)**

- December 26-31st: Winter Recess
- April 9-14th: Spring Recess

Absenteeism & Make-up Policy

- It is the student's responsibility to attend class, therefore, *reductions will NOT be granted for missed classes.* Students are **allowed to make up one (1) absence per month.** They must make it up 30 days before or after the absence.

**** WITHDRAWING ****

- Any student dropping from the program must give **2 weeks written notice. You are paying for your child's spot in class; it is not based on attendance.** Clients are responsible for tuition covering the two-week notice. **If notice is not given to the office, the client will be responsible for that month's tuition.**

History & Equipment

- ★ Gymnastics Unlimited opened in 1975. Orchard Park opened in '93
- ★ It is WNY finest, fully equipped 14,000 square foot gym.
- ★ Bars, beam, floor, vault, rings, high bar, p-bars, pommel horse, soft misc. equipment including slants, octagons, and tunnels.
- ★ Trampolines and tumble track are floor level. 60' foam pit.
- ★ There is separate equipment for the recreational classes and team members. There is also full boys' apparatus.

Staff

- ★ Coaches are trained for spotting and teaching techniques
- ★ Backgrounds in Phys Ed. Early Childhood Ed certifications in gymnastics spotting, education & hands on training.
- ★ Coaches certified in first aid and CPR.
- ★ Coaches are guided with a progressive skill curriculum on a weekly basis involving different themes.
- ★ USAG Members and a Member Club

LOST & FOUND

KEEP VALUABLES (cell phones, iPods, etc) at home. The gym is NOT responsible for lost or stolen items. Found items will be in the box by the men's restroom. This is cleaned out frequently and items donated.

Attire

Girls:

- Leotard, socks optional (no tights or wind pants- too slippery)
- Hair secured off face**
- NO jewelry, NO earrings (including post earrings)

Boys:

- T-shirt, shorts or sweat pants
- no pockets, zippers, buckles, belts or wind pants

Safety Policies

- ★ Students are not allowed on equipment without a coach present.
- ★ Horse playing is not allowed.
- ★ No food or drink and NO GUM allowed.
- ★ Please do not leave your child until they are with their coach
- ★ Pick up immediately after class is over
- ★ **Please do not park or stand in circle. This gridlocks the parking lot.**
- ★ NO child under the age of 18 is allowed to leave the building without a designated guardian or express written permission(those who drive themselves)

***DO NOT PARK IN CIRCLE or FIRE LANES**

* At no time should a child be left unattended waiting for class to begin. CHILDREN MUST WAIT INSIDE THE BUILDING. **Please explain this to your child & park your car and come into the building to pick up your child.** Children must be picked up as soon as class is over. Staff is not able to stay after class or tend to children when another class is in progress



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Owners

~ Steve and June Haas

"Our greatest accomplishment is to see children grow and develop to their fullest capabilities."

Philosophy

To engage each child in a fun fitness program where they will be challenged with skill mastery, physical development and are encouraged and inspired to achieve their personal best and goals.

Program Goals

- ★ Creative ways to help your child develop physically, enhance positive self-esteem, listening skills and problem solving abilities
- Develop strength, coordination, flexibility and mental discipline
- in small groups of 8 students to 1 coach or less.