

Welcome

Thank you for your interest in Air Capital Gymnastics & Tumblebus' recreational program. Our classes will provide an opportunity for your child to develop confidence, poise, individuality, mental and physical discipline, determination, work ethic and self-respect. Your gymnast will mature among individuals and circumstances that will demand his or her finest efforts and judgments. Your child will develop close relationships with other young athletes and will enjoy the interaction of working with other gymnasts.

Gymnastics is one of the greatest overall body conditioning activities your child could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, balance and grace. Some of the mental attributes we hope to develop are positive self-image, self motivation, tenacity, patience, goal setting, courage and teamwork. It is rewarding and fun to work hard, improve skills and achieve goals.

ACG&T Tuition

Air Capital Gymnastics & Tumblebus program runs on a basis of 4 weeks. Tuition is due on or before the first class of each session. Tuition is considered late on the second class of the session and will be assessed a late fee of \$10 if paid after the second class of the session. If tuition is more than fifteen days late, the athlete may be unable to work out with his/her class. A \$30 NSF fee will be added for all returned checks. Payment methods include check, cash and credit or debit cards through PayPal. If you choose to make payment through PayPal, send payment to AirCapitalGymnastics@gmail.com. Make sure you *always* include the athlete's full name and the class day and time on the payment. **THERE ARE NO REFUNDS FOR TUITION FOR ANY REASON.**

ANNUAL REGISTRATION FEE

An annual registration fee for recreational members is due on September 1st of each year. The registration fee after the month of September is prorated by the following formula: annual reg fee/12 (number of months left in the remainder of the year).

CLASSES

Wee & Me – ages 1 to 3 45 min

The Wee & Me class is an introduction to gymnastics. Children work fine and gross motor skills with lots of parents'/adult partners' hands-on assistance. Stations and lessons are developed by our class instructor. Development patterns are emphasized – bouncing, swinging, rolling and balancing. The initial focus is on having fun with exercise and developing confidence.

Sparkling Stars - ages 2 ½ to 4 ½
45 min

The Sparkling Stars to work on equipment specifically designed to develop fine and gross motor skills, strength, and beginning tumbling skills. In addition to learning gymnastics, the children will also learn valuable social skills like following directions given by the instructors and by taking turns with peers.

Shining Stars – girls ages 5 to 7
60 min

The gymnasts are trained to master very basic tumbling skills while building self-esteem and self confidence. The class will continue to enhance the child's flexibility, coordination, and strength. They will be introduced to all of the Olympic events, including bars, beam, vault and floor exercise. As the children progress, they also will begin to learn simple gymnastics routines.

Space Monkeys – boys ages 5 to 7
75 min

The obstacle courses are specially designed to help enhance locomotion skills including basic gymnastics skills, social skills, hand/eye coordination and working with other children and learn important concepts like taking turns, following directions, and listening skills. The gymnasts will practice on boys' equipment including rings, mushroom, parallel bars, high bar, vault and floor exercise. As the boys progress, they also will begin to learn simple routines.

Shooting Stars(girls) & Comets (boys) – ages 8 & up

Beginner/Intermediate 75 min
Intermediate/Advanced 90 min

The gymnastics will learn basic gymnastics skills on all the apparatus. These classes are designed to give the gymnast a good foundation of skills to move to a higher level. An emphasis will be given to *some* of the following:

- bars: back pullovers, castings, front supports, straight arms, back hip circles
- floor: cartwheels, handstands, hollow body positions, arch positions, round offs, back handsprings
- beam: walks, jumps, turns, leaps, arabesques, lunges, handstands, cartwheels, dismounts, mounts
- vault: timed runs, straight jumps, handspring drills
- p-bars: swings, tight body holds, L sits

- flexibility: worked on all events
- strength: worked on all events

PARENTS/GUARDIANS

Parents play an important role in the development of a successful gymnast. We welcome your presence at class practice, functions and at every competition. We are a family friendly and family oriented gym. We want your input and support because we want your child to succeed. Please remember to remain positive with your gymnast at all times. The following rules and policies are designed to ensure a fun, safe and successful program for everyone involved.

GUIDELINES:

Parents are required to stay in the viewing area at all times. Parents should not enter the gymnastics area of the gym for any reason whatsoever. Please remain positive and supportive of your gymnast, coaches and the gym at all times. If you have questions, comments or concerns please ask.

Communication is important and we have an open door policy for all gymnasts and parents. Please come to any of your child's coaches before class begins or after class ends if you have a problem or concern. We are in business to serve you and your child. Your thoughts are important to us. Please let your child's coach know if there is a problem with your child such as injury, illness or medication. Please communicate anything that may affect your athlete's ability to work out or compete.

Gymnasts may not be dropped off at the gym ***more than 10 minutes prior to work out*** unless prior arrangements have been made. Pick up your gymnast on time! Gymnasts are not allowed to wait outside the building.

It is possible that a gymnast will have to leave our program. This may include the gymnast leaving due to the actions or inaction's of his or her parents. We never want to punish a child for the actions of his or her parent(s). We cannot tolerate parents who by their words or actions do not support the policies and values of our recreational program. Air Capital Gymnastics & Tumblebus reserves the right to refuse service to anyone at any time for any reasons. Refunds are not given on any tuition or fees paid to ACG&T should you be asked to leave our program.

COMMUNICATION

Communicating effectively with everyone in our classes is a challenge. We work very hard to get information to you in a timely manner by putting information on the giant calendar located at the front. Communication is very important to ACG&T. If you have questions, don't speculate or assume, ASK! You can help us communicate by checking the calendar and watching for notes that may be sent home. Don't hesitate asking your coach a question. Our front desk staff is available to answer questions as well. Please make sure all of your information, including your email address, is current in the system. Communication will also be sent out on email.

DISCIPLINARY ACTION GUIDELINES

GUIDELINES

The rules and policies associated with ACG&T have been outlined in this handbook. In the event there is an ongoing pattern of disruption or in case of rule infractions disciplinary action may be necessary.

The handbook and procedures listed below are not intended to be inclusive. They represent our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

EXAMPLES OF DISCIPLINARY ACTIONS

The gymnast may be warned if behavior is disruptive or inappropriate in class.
The gymnast may be asked to sit and watch if behavior continues to disrupt class.
The gymnast may be asked to leave the class early

GENERAL INFORMATION

CLASS SIZE

The Preschool classes must have at minimum three (3) participants and maximum six (6). The youth classes must have a minimum of three (3) participants and a maximum of six (6). There are times when there may be more than the maximum in a class, and the instructor may ask if anyone wants to change to another day to even out the classes. Even though the classes are on our class schedule (located at the front desk or can be found on our web site www.AirCapitalGymnastics.com), please check with the front desk to make sure that the class is available. If we do not have the minimum for a class, you will be put on a waiting list and notified as soon as there are enough participants to hold the class.

LEAVING WORKOUT

Gymnasts must ask permission to leave the gym. This applies to leaving practice early, going to the restroom or calling home. Your coaches need to know where you are at all times.

GYM RESPECT

Gymnasts should act in a way that shows respect for themselves and the gym. We want the gym to be a happy, fun and positive place. There is no place in our gym for belittling comments, displays of anger and/or disgust, talking back to coaches or other athletes.

GYMNAST RESPECT

Gymnasts should treat other gymnasts with respect and kindness. We are a class and we expect gymnasts to be good teammates.

INCLEMENT WEATHER

Air Capital Gymnastics & Tumblebus follows the Wichita School District for gym delays and closures. If there is no school in Wichita due to inclement weather or conditions then we will not have workout. If the Wichita School District has late start we will have gym.

MAKE-UP POLICY

ACG&T recognizes that a gymnast may have other obligations that cause them to miss a class. A gymnast may schedule *1 (one) make-up classes per session*. ACG&T will offer a make-up based on availability. You must sign-up your child for a make-up class prior to the make-up. If you show up without prior approval, you may not be able to participate in the

class. If the gym closes for its own reason, a makeup class will always be offered/scheduled.
Pro-rated tuition is not applicable.

SIGNING IN

Gymnasts are required to check in at the front desk when they arrive for class. This includes all classes. Gymnasts should put their shoes, socks, jackets or any other clothing that they will not be wearing on the floor in the locker room located just outside the gym door. These items should be left in the locker rooms at all time during the class. The walkways must be kept clear for safety reasons. Water bottles can be brought to gym, but must be put in the locker rooms.

SUMMER CAMPS

Summer Camps will be offered for children 4-12yrs old. The camps begin in June and ends in August. More details available in April/May.

THANK YOU

Air Capital Gymnastics & Tumblebus takes gymnastics and the development of your child seriously. We realize we spend several hours per week with your child and we understand the responsibility associated with that influence. If at any time you have a question or comment concerning your child's well being, please contact Lynne Warren immediately. The coaches and staff at ACG&T would like to thank you for your involvement and support of our program. You and your child are important to us and we appreciate the opportunity to coach your gymnast. We look forward to a fun, safe and successful preschool and recreational program!

CONTACT INFORMATION

Air Capital Gymnastics & Tumblebus
2909 South Spruce
Wichita KS 67216

www.AirCapitalGymnastics.com

316-681-3345

OWNER
Lynne Warren AirCapitalGymnastics@gmail.com

Handbook Acknowledgment on next page

Air Capital Gymnastics & Tumblebus

Handbook Acknowledgment

I have read the ACG&T Handbook. I fully understand the rule, policies and commitment of being in the recreational program at Air Capital Gymnastics & Tumblebus.

Gymnast _____

Parent/Guardian Signature _____ date _____

Printed Name _____

PLEASE TURN IN TO FRONT DESK. FORM MUST BE TURNED IN BEFORE STUDENT MAY TAKE PART IN CLASS.

AIR CAPITAL GYMNASTICS & TUMBLEBUS

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Wichita KS 67216

316-681-3345

www.AirCapitalGymnastics.com

Registration Information (All Information and Signature Required)

Gymnast: _____ Birth Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Email Address: _____

Mother's Name: _____ Cell: _____

Father's Name: _____ Cell: _____

Home Phone: _____ Other Phone _____

Any medication and or Medical History _____

Medical Insurance Company _____ Policy # _____

Physician/Phone _____

Siblings in the Gym _____

How did you hear about Air Capital Gymnastics & Tumblebus?

Waiver, Release and Consent to Treat and Transport

In consideration of participating in gymnastics, cheer, trampoline, demonstrations, special events, open gym, camps or birthday parties, I represent that I understand the nature of this activity and that I am (and my child) qualified in good health and in proper physical condition to participate in such activities. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity.

I fully understand that this activity involves risks of serious bodily injury, including permanently disability, paralysis and death, which the event takes place or the negligence of the release; named below, and that there may other risks either not known by me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibilities for loss, cost and damages I incur as a result of participation in this activity.

I hereby release, discharge and covenant not to sue Air Capital Gymnastics & Tumblebus, its respective administrators, directors, agents, officers, volunteers, other participants, and any sponsor, advertisers, and if applicable, owners and leaders of premises on which the activity takes place (each considered on of the RELEASES herein: from all liability, claims, demands, losses or damages. On my account caused or alleged to be caused in whole or part by the negligence of the "releases" or otherwise including negligent rescue operations and future agree that if, despite this release, waiver of liability and assumption of risk, I, or anyone on my behalf makes a claim against any of the releases, I will indemnify, save and hold harmless

each of the releases from any loss, liability, damage or cost which any may incur as a result of such claim.

I have the read the RELEASE AND WAIVER LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. I understand that I have given up substantial rights by signing it and have signed it freely and without my inducement of assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent by law and agree that if any portion of this agreement is held be invalid the balance, notwithstanding, shall continue in full force and effect.

CONSENT TO TREAT AND TRANSPORT:

I HEREBY GIVE MY CONSENT TO Air Capital Gymnastics & Tumblebus to provide through a medical staff of their choice, customary, medical/athletic training attentions, transportation and emergency medical services as warranted in the course of participation in Air Capital Gymnastics & Tumblebus and its activities. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power to Air Capital Gymnastics & Tumblebus, and its agents to give specific content to any and all such transportation, diagnosis, treatment or hospital care which any physician or surgeon licensed under the Medical Practice Act may deem advisable.

I accept full responsibility for the cost of treatment for any injury, losses or damages suffered while taking part in this activity.

Furthermore, if I have any physical ailments or conditions or my gymnasts which might affect my health by participation in this activity, I have consulted my personal physician or other medical authority and received his/her permission to participate.

I give my permission from my photo or the photo of my child or children to be taken during class and used for publicity purpose.

I have read and understand the policies of Air Capital Gymnastics & Tumblebus.

I understand the recreational gymnastics sessions are four weeks. Tuition is due on or before the first class of the each session. A late fee will be added after the second class of each session. I understand I must notify the gym if withdrawing from a class. I understand that I must notify the gym in advance of absence, and to inquire if make-ups are available. ***I understand that registration and tuition fee is non refundable for any reason.***

Gymnast Name _____ DOB _____

Parent
Signature _____ Date _____ Time _____

Printed
Name _____