RECREational class dEScRiptionS

Major skills--MUST BE CONSISTENT& CLEAN-- required for promotion to the next grouping of skill levels include (but are not limited to...)

lEvEl 1/2:

Chin-up pullovers (w/ wedge mat) & casts with good form on Bars, Releve Walks & Arabesques on beam, Cartwheels, Forward Rolls, & Backbends on Floor (60 min 1x/wk).

lEvEl 3/4:

Chin-Up Pullovers (feet together from ground) & Back Hip Circles on bars, Handstands on low beam and Jumps, Backward Pike Rolls and Handstands on Floor (90 min 1x/wk).

lEvEl 5/6:

Front/Back Cuts, Pike Sole Circle Dismounts, andMill Circles on bars. 3/4 Handstands on med/high beam and side dismounts on beam. Round-offs and Handstand Forward Rolls on Floor (90 minutes 2x/week).

lEvEl 7/8:

Single Leg Shoot Throughs, MIll Circles, and Front Hip Circles on bars, Side Handstand 1/4 Dismounts on beam. Backward rolls to push up and standing back handsprings on Floor (90 min 2x/week).

GYM POLICIES

*** PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN BEFORE AND AFTER CLASS. Please be in the lobby 5 minutes before your child's class is over to meet them. No child should be left unattended!!!!**

***Classes without a minimum of 2 students will be cancelled.**

*** In order to secure a spot in any of our classes, we must receive a completed registration form, signed waiver, tuition payment, and the annual non-refundable registration fee.**

***We do NOT re-enroll students automatically, nor do we maintain a priority registration system. Spots are alwayts filled on a first-come, first serve basis.**

***Gymnastics students wear leotards or shorts/tee shirts (jeans, skirts, or other loose clothing and jewelry are not permitted) HAIR MUST BE PULLED UP!!!!!!!**

*** If you need to cancel your child's registration, we will glady provide a refund for your tuition (registration fee is non-refundable) up to the start date of the session. Once the session begins, we will do MTB Gymnastics account credits ONLY.**

***Gym Closing Policy – Please see the front of registration form for our dates we will NOT have class. In the event of inclement weather, our Gymnastics Training Center will follow suggested Mountain Brook School Closing Schedules. Be tuned to local TV and Radio networks for closing information. Also, check your email for gym-wide emails about closings.**

***Unfortunately, we do not offer make-up classes. NO EXCEPTIONS.**

class	ciRclE days/timES REquESTEd							
	Mon		Tues		Wed		Thurs	
Rec 1/2	3:30	3:45	1:30	3:15	3:30	3:45	3:15	3:30
	4:30		3:30	3:45 4:30				
	4:45	5:00	4:45	5:30	4:30	5:30	4:30	4:45
Rec 3/4	3:30	4:45	3:30	5:00	3:30	5:00	3:30 3:45 5:00	
Rec 5/6 & 7/8	3:30	5:00	3:15	4:45	3:30	5:00	3:30	5:00

class	tuition schEdulE					
	Session #1 (Aug 15th- Oct 10th) 8 Week Session	Session #2 (Oct 11th- Dec 12th) 8 Week Session	Registration Fee (Renew in August each year)		Both Sessions and Reg. Fee	
			Single	Family	Single	Family
Rec 1/2	$130	$130	$75	$100	$335	$360
Rec 3/4	$196	$196	$75	$100	$467	$492
Rec 5/6 & 7/8	$230	$230	$75	$100	$535	$560

Mom's Name _____ Cell Phone # _____

Dad's Name _____ Cell Phone # _____

Mailing Address _____ City _____ Zip Code _____

Home Phone # _____ E-mail address _____

Emergency Contact Name _____ Phone # _____

If possible, please group with: (THIS IS NOT A GUARANTEE) _____

Does your child have any special needs we should be aware of? _____

--I HAVE READ AND FULLY UNDERSTAND THE GYM POLICIES LISTED IN THE REGISTRATION FORM

_____

Parent/Guardian Signature

First child's name _____

Birthdate ____/____/____

Male Female

Class Level _____

First choice class day _____ Time _____

*2nd day _____ Time _____

Second choice class day _____ Time _____

*2nd day _____ Time _____

First child's name _____

Birthdate ____/____/____

Male Female

Class Level _____

First choice class day _____ Time _____

*2nd day _____ Time _____

Second choice class day _____ Time _____

*2nd day _____ Time _____