



## SEYMOUR GYMNASTICS CENTER



### 2022-2023 RECREATIONAL GYMNASTICS CLASSES

| Class                | Level                     | Day Offered | Time                         | Price                                |
|----------------------|---------------------------|-------------|------------------------------|--------------------------------------|
| Strong               | Level 1 Beginner          | Monday      | 3:45-4:45 PM<br>4:45-5:45 PM | \$50                                 |
| Strong               | Level 1 Beginner          | Tuesday     | 5:00-6:00 PM                 | \$50                                 |
| Smart                | Level 1 Intermediate      | Monday      | 5:45-6:45 PM                 | \$50                                 |
| Bold                 | Level 1 Advanced          | Monday      | 6:45-7:45 PM                 | \$50                                 |
| Mommy & Me           | 12 Mo-3 Years             | Pending     | Pending                      | \$35                                 |
| Tiny Tumble          | Ages 3-5                  | Wednesday   | 5:00-5:45 PM                 | \$45                                 |
| Hot Shots            | Pre-Team Level            | Wednesday   | 4:30-6:00 PM                 | \$65                                 |
| Team                 | Competitive Level         | Tue & Thu   | 5:00-7:00 PM                 | Varies                               |
| Open Gym-Grades K-12 | K-12 Grades After School  | Tue or Thu  | 4:00-5:00 PM                 | \$5 Members<br>\$8 Non Members       |
| Preschool Open Gym   | 12 Months to Kindergarten | Mon-Fri     | 10-11:30 AM                  | \$25 per punch card<br>\$4 per visit |

**Strong:** This class is for girls who have not had much gymnastics experience. They will work on basic skills such as handstands, cartwheels, pullovers, different jumps, proper technique for skills and proper landing positions. They will also learn gymnastics terms.

**Smart:** In this class, the gymnast must have mastered a cartwheel, handstand, required jumps know some gymnastics terms. Participants in this class will begin learning a level 1 routine on each event.

**Bold:** In this class, the gymnast must have mastered the level 1 routines on each event and be ready to start working on level 2 skills and routines.

**Tiny Tumble:** This class is designed for children ages 3-5 who want to learn basic gymnastic skills.

**Hot Shots:** Highest level class before being able to join the competition team. This class is helpful for girls to master flip & tumble skills for cheerleading as well.

**Open Gym:** Non-structured recreational time in the gymnastics center from 4-5 PM during the after school program. The schedule is for Tue-Grades K-3 & Thu-Grades 4-6. Members may only be able to do one day depending on the number signing up.

**Preschool Open Gym:** Unstructured gymnastics play time for preschool children. Parents stay with children so younger siblings younger than 12 months can come as well. Jump on trampoline, jump into foam pits and use the spring floor for a fun filled morning Monday-Friday from 10 AM – 11:30 AM from Sept-May each year. Ten session punch cards are \$25. Preschool daily rate is \$4 per session. Open Gym follows the Seymour Community School calendar for weather or holiday closings.



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### Additional Information

**Session Length:** We operate on a monthly schedule.

**Sibling Discount:** If you have more than one child participating in gymnastics classes at the same time, there is a \$5 discount per month for the second participating child.

**Re-Enrollment:** For your convenience, if your child is enrolled in gymnastics classes, they will be automatically re-enrolled in the same class for the next month's session unless we are contracted and instructed otherwise. Please let us know ONE WEEK prior to the next session's start date if you wish to cancel or make changes to your child's enrollment.

**Safety Policies:** Anyone not enrolled and participating in gymnastics class in session (i.e. siblings, friends, relatives, & parents) must stay in the designated seating area in the gym. Even if you have signed a waiver for your child to participate in another gymnastics class, they are still NOT PERMITTED to play on the equipment outside of a supervised gymnastics class. This policy will be strictly enforced.

**Late Enrollment:** Gymnasts may sign up at any time during the month, even if it is in the middle of a session. Session fees will be pro-rated based on the gymnast's start date.

**Missed Classes:** Fees will not be prorated for classes missed due to vacations or other events. Fees can be pro-rated for serious injury or illness on a case by case basis.

**Snow Days:** If Seymour Community Schools are closed due to inclement weather, recreational gymnastics classes will also be cancelled. Make up classes will be offered in place of cancelled classes due to inclement weather. This information will be communicated to parents in a timely manner.

**Registration, Insurance, Class Fees and Payment Policies:** All participants must fill out a registration form and sign a waiver. An annual enrollment fee of \$25 and an annual \$25 insurance fee is due at the beginning of each September. For those signing up at other times of the year, the registration and insurance is the same cost at sign up and will still need to be renewed each September. Fees are non-refundable. Monthly class fees are due on or before the start of the first class of the month. If monthly class fees are not paid by the 10<sup>th</sup> of the month, a \$10 late fee will be assessed. Participation will not be permitted if all fees are not paid.

**If you have any questions feel free to call Girls Inc. at 812-522-2798  
or email Missy Perry at mperry@girlsincjackson.org**