

Seymour Gymnastics Center

956 N. O'Brien Street Seymour, Indiana 47274
(812) 522-2798

PARENT HANDBOOK 2025

General Information

Seymour Gymnastics Center strives to give quality classes in an environment conducive to learning the sport. Seymour Gymnastics Center admits students of any race, color, religion, national and ethnic origin to all the rights, privileges and activities.

Classes

We offer recreational classes for all ages. Cost varies per class on recreational gymnastics. We also offer preschool open gym M-F 10:00-11:30 AM. Cost is \$4 per child per day or you can purchase an 8-session card for \$25.

Check In & Check Out

All gymnasts are required to check in at the front desk when entering the building for class. Girls are required to check out at the front desk. Parents must come in to pick up gymnasts.

Parent & Sibling Observation

Parents are allowed, at this time, to observe classes. Parents and any siblings must remain in the observation area. **No siblings are allowed to be on any of the gymnastics floor or equipment before, during or after class times.** As a courtesy to gymnasts, coaches and other parents, please observe this policy with due respect. Violations of this policy may result in changes that would prohibit parents or siblings in the gymnastics gym during class.

Enrollment & Registration

Enrollment for gymnastics can be at any time. **Registration forms must be completed and a waiver must be signed prior to starting the class. Registration and insurance fees plus the fees due for class are due prior to start.** The annual registration fee of \$25 along with \$25 for insurance is due the first class in September. Mommy & Me class is an exception of only \$10 registration. With the parent being in

class with the child, insurance is not applicable to Mommy & Me classes. Class rates are respective to the class. Discount of \$5 per month for the second participating child of the same household.

Payments

Fees for gymnastics classes are due in full on the first class of each month. A \$10 late fee will be assessed to anyone paying after the 10th of the month. Annual registration and insurance is due in September of each year. Accounts must be kept current in order for gymnast to participate.

Closures & Cancellations

If schools are closed due to inclement weather, we are usually closed as well for gymnastics but are open if road conditions improve. If gymnastics classes are cancelled, it will be posted on the Facebook page for "Seymour Gymnastics Center". In some cases, we may text or call the cell number listed on your account. Please keep us updated with any changes to the number that you would like to be notified. When possible, a makeup class will be held for closures. Voluntary absences for classes are not generally prorated due to costs for coaches, equipment and building being constant. Makeup classes and any prorates are on a case by case basis.

Food & Drink

All gymnasts are encouraged to bring a closed top drink bottle with WATER ONLY. No food nor drinks (other than water) are allowed in the gymnastics area nor in the basketball gym. Please take water bottles home with you or discard disposable water bottles after you leave the area.

Skill Levels

Every child is unique and will progress at a different rate. We offer a participation based program which focuses on and celebrates individual achievement. Generally each class is designed to take approximately a year to complete. In the higher levels a greater amount of time is required to master more complex and difficult skills. Coaches will consistently assess gymnasts' skill level throughout classes and will speak with you directly when your child is ready to progress into a more advanced class.

Parents are expected to:

- Trust in our coaches' knowledge when coaching your child.
- Refrain from coaching and communicating with your child from the viewing space during training.
- Communicate with coaches, parents and gymnasts in a respectful and courteous manner.
- Show respect to other coaches, gymnasts and all staff.
- Refrain from discussing another gymnast with coaches, other parents or with your child.
- Videos that include children other than your own must not be shared on social media unless you have the explicit permission from another child's parent/guardian to film them.
- Be a positive role model for your child and encourage good sportsmanship.

Gymnasts are expected to:

- Respect all coaches, judges, officials and other gymnasts.
- Be punctual to training, ready to begin warm up at the designated time.
- Leave all phones, iPods, iPads and other electronic devices in their bags for the duration of training.
- Remove all jewelry (including watches and fit bits) before the commencement of training. Earrings, studs and sleepers allowed.
- Hair tied back neatly and off the face.
- Wear a leotard or suitable clothing for gymnastics. Participants will be bare foot in the gymnastics gym.
- Be inclusive of everyone in the training group.
- Behave appropriately with respect and integrity as a representative of Seymour Gymnastics Center.
- Always display good sportsmanship.

Trial Class:

Children can attend a one-time trial class to see if they like the program. If they want to join as a member, parents will need to complete the paperwork and pay any necessary fees to join the class.

Statement of Confidentiality

Participants in gymnastics programs have the right to confidentiality and privacy. This means we will not share any of your child's personal information unless you give us written permission to do so.

First Aid

First aid will be administered immediately to any child who suffers a minor injury. In the event of a serious injury, parents will be in charge of the gymnast. An ambulance may be called if such action is deemed necessary. A Waiver must be on file to participate in the gymnastics classes. SGC will not provide any pain or fever medications.

Contact Information:

Missy Perry – Athletic Director
812-522-2798

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www.girlsincjackson.org

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