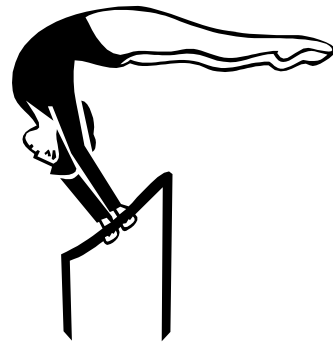


High Plains Gymnastics Academy LLC



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Updated: August 1, 2017

Gymnastics Classes Offered:

Recreation Classes:

New gymnasts will be evaluated to determine the class level most appropriate for their level of gymnastics.

Ages 3 and under:

- **Parent-Tot (30 minutes):** \$35 per session (1x/week) Class introduces child to gymnastics, movement and coordination with the assistance of a parent.

Ages 3-5 years old:

- **Preschool (45 minutes):** \$45 per session (1x/week) \$65 (2x/week) Class introduces child to gymnastics, movement, and coordination. Requirements: fully potty trained

Ages 5-13 years old:

- **Level 1 (1 hour):** \$60 per session (1x/week) \$85 (2x/week) Class introduces gymnast to all four gymnastics events and teaches basic tumbling and gymnastics moves. No requirements are necessary.
- **Level 2 (1 hour):** \$60 per session (1x/week) \$85 (2x/week) Class continues development of tumbling and gymnastics skills. Requirements: properly demonstrate all level 1 skills.
- **Level 3 (1 hour):** \$60 per session (1x/week) \$85 (2x/week) \$105 (3x/week) Development of new skills and perfecting of skills already obtained on all gymnastics events. Requirements: properly demonstrate all level 2 skills.
- **Boys Gymnastics (1 hour):** \$60 per session (1x/week) \$85 (2x/week) Class introduces gymnasts to several different boys' gymnastics events and teaches basic, intermediate, and advance skills specifically designed for boys. No requirements are necessary .

Competition Classes:

Ages 7-18 years old: Competition Gymnastics is for gymnasts who have a passion for the sport and are willing to train at an intense level. Gymnasts need to attend classes for 3 or more hours per week depending on their level. These classes require the gymnast be able to work independently and under strict guidelines of the coaches.

- **Competitive Level 3 (3.5 hours per week required):** \$100 per session.
Requirements: pass competition skill testing and receive an invitation from the head coach.
- **Competitive Level 4 (3.5 hours per week required):** \$110 per session.
Requirements: pass competition skill testing and receive an invitation from the head coach.
- **Optionals (4+ hours per week required):** \$120 per session (2 days/week) \$160 per session (3 days/week) \$200 (4 days/week). Requirements: pass competition skill testing and receive an invitation from the head coach.

Private Lessons:

Gymnasts of all ages and levels may sign-up for a private lesson. These lessons are designed to give individual gymnasts one on one attention to improve their gymnastics skills. Private lessons must be scheduled with a qualified coach and can take place after daily classes, on weekends, or other days the gym is closed.

Individual Prices: \$35 for 30 minutes, \$45 for 1 hour, \$55 for 1.5 hours.

Individual Package Privates: \$400 for 10, 1 hour private lessons or \$215 for 5, 1 hour private lessons

Buddy Privates/Packages (2-3 gymnasts): \$60 for 1 hour or \$550 for a package of 10 lessons

Open Gym:

There are multiple open gym classes offered each month on a Friday or Saturday. Gymnasts *must* sign-up before the open gym so an appropriate number of coaches may be provided. Games, activities, snacks and use of the equipment will be provided at open gyms. Gymnasts may use this time to improve skills, routines, or just to have fun on the equipment. Open gyms are available, only to active members of HPGA.

(Cost: \$15 per gymnast, per open gym)

Tuition:

Tuition is due the first week of each session. Any accounts not paid in full by the end of the second week of the session will be charged a \$20 late fee. If payment is not received by the end of the session your child will be removed from classes and their spot may be given to another child. A returned check for insufficient funds will be charged a \$25 service fee. *There is a 15% sibling discount that will be applied toward the total of the tuitions.* Tuition will not be prorated for holidays and other days that the gym is closed, however, parents/gymnasts may request an open gym coupon. Refunds will not be offered for absences or withdrawals.

Registration Process:

Parent(s) and gymnast(s) need to read, complete, and sign the registration/liability waiver and the HPGA rules and policies. A \$40 per gymnast or \$65 per family annual registration fee must accompany the registration form. Both forms and the registration fee must be received before the gymnast may participate in gymnastics classes. In the event that all appropriate classes are full, the parent may choose to place the gymnast on a waiting list for the next available opening.

Attendance/Make-ups:

Regular attendance is necessary for your child to continue improvements. Please be sure your child is on time for classes and is picked up from class within an appropriate amount of time. If you are going to be absent for an extended amount of time, please notify the head coach in advance. If you choose to withdraw your gymnast for a period of time, your child's spot may be given to another child on the waiting list.

A maximum of 1 class per session may be made up by attending open gym. Please request an open gym coupon from your child's coach. **Due to the increase in class sizes, make-ups in other classes are no longer offered.** Please see the open gym schedule for details on dates offered for open gym. Open gym is available for make ups for children ages 5-18. One additional preschool class will be offered each month for make-ups. Please sign up for this class with one of our coaches.

Cancellation of Classes:

The gym will be closed for the following holidays/breaks: New Year's Day, President's Day, Spring Break, Memorial Day, Labor Day, Thanksgiving Break, and Winter Break. These dates will correlate with the Fort Morgan Schools. President's Day, Labor Day and Memorial Day can be make up by attending open gym. Please request an open gym coupon from your child's coach to make up one of these days.

If the Fort Morgan School District cancels classes due to weather, the gymnastics academy will also be closed on that day. Make-up classes will be offered.

Required Attire:

Gymnasts may wear any of the following: leotards or shorts and t-shirts. Hair should be pulled up and out of the way from gymnast's face. *The following is not acceptable attire: jewelry, watches, loose hair clips, socks, tights, clothes with zippers, snaps, buttons, or belts.* Please leave all valuables at home. High Plains Gymnastics Academy, LLC is not responsible for lost or stolen items.

Parent/Visitor Viewing:

Parents/Visitors must sit or stand quietly in the designated area. Please do not, coach, distract, or talk to the gymnasts. Any interruptions could result in serious injury to the gymnasts. If you have young children with you, please, do not allow them to wonder onto the equipment or distract the gymnasts. This could be extremely hazardous to the child and the gymnasts. They must remain with and under the supervision of a parent/guardian at all times.

Facility Rules:

- ◆ Gymnasts should stay off all equipment and wait until the instructor has signaled for the start of class and/or is ready to supervise.
- ◆ Gymnasts should follow the instructions and rules of their coaches at all times.
- ◆ Gymnasts should not be running around or horseplaying in the gym at any time.
- ◆ Gymnasts are to report any accident or injury to an instructor.
- ◆ Gymnasts should wait inside the building until their ride arrives.
- ◆ Food, chewing gum, and drinks are not allowed in the gym facility, except water in the provided areas.
- ◆ Please bring all questions and concerns to an instructor or to the owner, KC Sailsbery.

**High Plains Gymnastics Academy LLC reserves the right to cancel any class due to low enrollment.

**High Plains Gymnastics Academy LLC reserves the right to cancel the enrollment of a gymnast at any time.

Updated: August 1, 2017