



314 Walnut St
Atlantic, IA 50022
712-254-9011

Contact Teresa Middents

salutegymnastics@gmail.com
www.salutegymnastics.com

712-254-9011
Cell (515-491-7710)

Recreational Classes:

<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>
4:00-5:00 pm Beginner	4:00-5:00 pm Intermediate	4:00-5:00 pm Beginner	4:00-5:00 pm Beginner
5:00-6:00 pm Preschool (3-4 yr olds)	4:30-5:30 pm Preschool (3-4 yr olds)	5:00-6:00 pm Preschool	5:00-5:30 pm Parent tot
6:00-7:00 pm Intermediate	5:30-6:00 pm Parent Tot	6:00-7:00 pm Beginner Intermediate	5:30-6:30 Beginner
7:00-8:00 pm Advanced	6:00-7:00 pm Beginner		6:30-7:30 pm Beginner
	7:00-8:00 pm Advanced		

Boys (8 + age) Schedule:

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
5:00 pm			Boys Class 5:00-6:00 pm (1 HR) 5:00-7:00 pm (2 HR)	
6:00 pm	Boys Class 6:00-7:00pm (1 HR) or 6:00-8:00pm (2 HR)			
7:00 pm				
8:00pm				

Competition Team Schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
		3:30-5:30 pm	
4:00-6:00 pm (Mon)	4:00-6:00 pm (Tues)		4:00-6:00 pm
6:00-8:00 pm (Mon)	6:00-8:00 pm (Tues)		6:00-8:00pm

Class Descriptions

Parent Tot – The class is designed for kids walking through age 2 years, to be accompanied by an adult to aid in learning and exploration. The duration of this class is 30 minutes long. The child does not have to be potty trained to be a part of this class. **The Parent Tot class meets on Tuesday from 5:30-6:00pm or Thursday's 5:00-5:30pm. Cost is \$23.75 a month.**

Preschool – The class is designed for boys and girls ages 3 to 4 years old. Kids will learn to explore and have fun with different obstacles and gymnastics events. The child needs to be potty trained to be a part of this class. If they are not yet potty trained, then they can join the Parent 'n' Tot class. The duration of this class is 1 hour. **The Preschool class meets Monday from 5:00-6:00 pm, Tuesday's from 4:30-5:30pm or Wednesday from 5:00-6:00pm. Cost is \$47.50 a month for one class a week.**

Beginner – The Beginner class is designed for kids with little or no gymnastics experience. The gymnasts will learn skill progression of each apparatus for an hour time length. The beginners will be able to move up to the intermediate class once they have reached a certain skill set as set up by their instructors. **Times for Beginner classes are: Monday 4:00-5:00 pm, Tuesday 6:00-7:00 pm, Wednesday 4:00-5:00 pm and 6:00-7:00 pm or Thursday 4:00-5:00 pm, 5:30-6:30 pm, and 6:30-7:30pm. Cost is \$47.50 a month for a one-hour class a week. There are options to add more classes during the week.**

Intermediate – The Intermediate class is designed for kids with some gymnastics experience. The gymnasts will review the basic skills, but then move onto the next progression into harder skills on each event and begin to learn aspects of gymnastics routines. The intermediates will be moved up to the advanced class once they have reached a certain skill set as set up by their instructors. **The Intermediate classes are: Monday 6:00-7:00 pm, Tuesday 4:00-5:00 pm, and Wednesday 6:00-7:00pm. Cost is \$47.50 a month for a one-hour class a week. There are options to add more classes during the week.**

Advanced – The Advanced class is designed for kids who have a lot of gymnastics experience. The gymnasts will continue to work on gymnastics skills learned in lower levels, but progress to more difficult skills and aspects of gymnastics routines. **The Advanced classes are: Monday 7:00-8:00 pm and Tuesday 7:00-8:00 pm. Cost is \$47.50 a month for a one-hour class a week. There are options to add more classes during the week.**

Boys Class – This class is designed for boys 8 years old and above with some gymnastics experience. The boys will focus on the men's gymnastics equipment to build skills and strength. This class is offered for an hour or two-hour option and will work toward competition for those that are ready. **The Boys classes are Monday 6:00-7:00 pm or 6:00-8:00 pm and Wednesday 5:00-6:00 pm or 5:00-7:00 pm. Cost is \$47.50 for a one-hour and \$85.00 for two-hour class a week.**

Competitive Team – Invitation only from coaches or from our try out process. These gymnasts will work on routines and prepare for competitions in Iowa, Nebraska, Minnesota, and Wisconsin with USA Xcel Gymnastics. These classes are a minimum of two hours long. **Cost is \$85.00 for a two-hour class a week. There are options to add more hours of class during the week.**

Salute **Gymnastics**

Class Expectations:

- Come prepared and on time to your scheduled class.
 - This means hair must be pulled back (for girls) in a pony tail. Hair must be out of the child's face.
 - Appropriate attire-leotard, or shirt/short, or sweatpants, etc. NO JEANS or JEAN SHORTS! If your athlete decides to wear a t-shirt, please make sure it fits correctly and will not expose your child when he/she tumbles.
- **Gymnastics dues need be paid by the 5th of each month.** Failure to pay your monthly dues will result in a \$5 late fee added to your bill. Your child may not be able to participate until payment is made. This is for your child's safety and for insurance purposes. There is an annual registration fee of \$25.
 - Payment can be made by cash, checks, and/or credit/debit card.
 - Payments can be put into the payment box outside the office.
 - \$30 fee for any returned checks.
 - Parent 'n' Tot, 30-minute class per week - \$23.75 a month
 - 1-hour class per week - \$47.50 a month
 - 2 - 1-hour classes per week - \$85.00 a month
 - 3 - 1-hour classes per week - \$115.00 a month
 - There is a 10% discount for the second child, etc.
- **If your child will miss a class (for any reason) and you want to make it up at a later date, notification of the missed class must be made to the gym prior to the start of that class. You will then have one month to schedule and attend the make-up class.** To reschedule a missed class, email or call the gym to let us know they will not be in class. As classes are filling up, we must have make-up classes scheduled in advance to ensure we have proper coaching available. Please do not just show up and expect to join another class without prior scheduling.
- If your child is sick from school, keep them home from the gym as well. Their class can be rescheduled for a different day, when they are feeling better.
- Parents are welcome to stay and watch their children during their class, but must remain at the front of the building in the parent area. If an issue arises and you need to speak with an instructor, please talk with the instructor between classes or schedule a time ahead of time that is convenient.
- When your child comes into the gym, they need to go over to the cubby area and remove their shoes, coats, etc. and wait for their instructor to start the class.

Salute Gymnastics Registration Form

Today's Date: _____

Name of Gymnast:		Date of Birth:	
Address:			
City:		State:	Zip:
Home Phone:		Email:	
1 st Parent/Guardian Name:			
Relationship to Gymnast:		Cell Phone:	
Email:		Work Phone:	
2 nd Parent/Guardian Name:			
Relationship to Gymnast:		Cell Phone:	
Email:		Work Phone:	
Emergency Contact Person:			
Relationship to Contact:			
Phone:			
Doctor's Name:		Doctor's Phone Number:	
Are there any medical needs, emergency treatments, or special instructions regarding your child's health? If so, please describe:			
Additional information we should know about your child:			
Experience Level and Interest:			
What experience have you had with gymnastics/tumbling?			
How far do you wish to go in gymnastics? Recreational? Competitive team? Etc...			

Salute Gymnastics Birthday Parties

Birthday Parties you can **Flip** about!!

The celebration includes:

- 50 minutes of gym time – Salute Gymnastics will lead the party with age-appropriate activities including balance beam, bars, vaulting, obstacle courses, and fun gymnastics games.
- 40 minutes of parent-led activities in the lobby to enjoy tasty treats and opening presents.

Table and chairs will be provided and a small refrigerator is available. You may bring in decoration, balloons, food, drink etc. to make the party unique and special for your gymnast. Clean up will need to be completed within 30 minutes after the party is over. Total time allotted is 2 hours.

Salute Gymnastics members: Participants from 1-10 children is \$75. For each additional 5 children there is a \$10 charge.

Non-Salute Gymnastics members: Participants from 1-10 children is \$100. For each additional 5 children there is a \$10 charge.

The balance will be due in full a week prior to the event date.

Parties are for children only and parents/children not participating in the birthday party must stay in the front lobby area.

Call 712-254-9011 or email Salutegymnastics@gmail.com for more information!!

Name of Parent(s) _____ Member Yes or No

Birthday Child _____ Male/Female ___ Birthdate _____

Age turning on Birthday _____ Approx. # of Guest _____

Address _____ City _____ Zip _____

Phone: _____ Email _____

Party

Date: _____ Party Time: _____

It's a FUN-tastic Birthday Party

For:

At
SALUTE GYMNASTICS
314 Walnut St, Atlantic, IA 50022
salutegymnastis@gmail.com

Date _____

Time _____

R.S.V.P. _____

PARTICIPATION SLIP

PARENTS PLEASE READ, SIGN, AND BRING TO THE PARTY.

I give permission for my child to participate in a birthday party at Salute Gymnastics. I understand that my child will be using equipment in a supervised manner and will be required to stay with the coach at all times. I will dress my child in appropriate active wear (gym shorts, t-shirts, or leotards) and no jewelry. **Parents and children not participating in the birthday party must stay in the lobby area and may observe from front area.** I hereby release Salute Gymnastics from any damage that may be incurred during the birthday party in the event of any injury.

PLEASE PRINT CLEARLY

Parent/Guardian Name _____ Date _____

Address _____ Phone _____

City _____ Zip _____ Cell _____

Your Child's Name _____ Birth Date _____

Email Address

Parent Signature

Date