

Christy's Gymnastics

150-50 14th Road • Whitestone, New York 11357 • (718) 767-0123

**WELCOME BACK!
WE WILL LOOK DIFFERENT!**

EARLY FALL SESSION BEGINS Sept. 21

LATE FALL SESSION BEGINS Nov. 2

Christysgymnastics.net

DUE TO THE CORONA VIRUS WE WILL BE OFFERING TWO SIX WEEK SESSIONS: AN EARLY FALL SESSION AND A LATE FALL SESSION, EACH SESSION IS SIX WEEKS LONG. YOU MAY REGISTER FOR EACH SESSION SEPERATELY, OR REGISTER FOR THE 12 WEEKS AND RECEIVE A DISCOUNT. ALL FEES MUST BE PAID IN FULL.

Christy's Gymnastics was founded in 1984 as a full service gymnastics facility. Our philosophy has always been to provide a safe but exciting environment in which children improve their skills and build self-esteem through the fun of a developmental learning program. To help all students Christy's offers a most credentialed staff and state of the art facility.

OUR PROGRAM IS SAFETY CERTIFIED AND KINDER ACCREDITED BY USA GYMNASTICS

USA GYMNASTICS MEMBER CLUB

ALL PROFESSIONAL STAFF MEMBERS ARE BACKGROUND CHECKED

EARLY FALL SESSION

Mon. 9/21 - 10/26

Tues. 9/22 - 10/27

Thurs. 9/24 - 10/29

Fri. 9/25-10/30

Sat. 9/26 - 10/31

LATE FALL SESSION

Mon. 11/2 - 12/14

Tues. 11/3 - 12/15

Thurs. 11/5 - 12/17

Fri. 11/6 - 12/18

Sat. 11/7 - 12/19

PROGRAMS

BECAUSE OF THE STRICT GUIDELINES WE ARE REQUIRED TO FOLLOW IN ORDER TO OPEN OUR RECREATIONAL PROGRAM, WE MUST OFFER A MUCH SMALLER CLASS SCHEDULE AND LIMIT PARTICIPATION TO CHILDREN 7 YEARS AND OLDER. THIS SCHEDULE WILL BE IN EFFECT FOR THE FIRST 12 WEEKS IN ORDER TO MONITER THE HEALTH AND WELL BEING OF ALL OUR CHILDREN.

GYMTIME

Gymtime is Christy's recreational program. Whether students are beginning their training with little experience or continuing their training with previous experience, our qualified staff will work with each individual child in order to help them reach their goals.

RISING STARS

RISING STARS is that special program for girls who are looking for "that little bit more". Members of RISING STARS train with our coaching staff. They work from a star chart, earn medals and learn the USAG level two routines. This program may be a "stepping stone" to our competitive team.

EARLY AND LATE FALL SCHEDULE

Mon.	Tues.	Thurs	Fri,	Sat.
3:45-5:15	3:45-5:15	3:45-5:15	3:45-5:15	12:15-1:45
	Rising Stars			Rising Stars
	3:45-5:15			12:15-1:45

HOLIDAYS

Thanksgiving 11/23-11/28

Private lessons available

GENERAL INFORMATION₁.

1. At registration 100% of the tuition is required
2. There are no refunds
3. Siblings: There is a 10% discount for the second child. The discount will be taken from the lower of the two fees
4. There is a 5% discount for the same child taking a second class. The discount will be taken from the second class only.
5. There is a \$25 fee for all checks not clearing the bank
6. Christy's reserves the right to cancel classes
7. Christy's accepts either checks or cash as payment
8. There is a \$20 fee for all Trial classes and guests
9. Each child is limited to one trial class

CLASS FEES FOR EARLY AND LATE FALL CLASSES

	6 weeks	12 weeks
Gymtime 1 ½ hour class	\$225	\$400
Rising Stars	\$400	\$750

COMPETITIVE PROGRAM

Since 1984 Christy's has trained many state, regional and national champions. All try outs for our competitive program are welcome. Team fees and practice schedules are available on request.

**ATTIRE: ALL GIRLS MUST WEAR A LEOTARD (THERE ARE NO EXCEPTIONS) .
BOYS MUST DRESS IN ATHLETIC CLOTHING .
CLASS IS TAKEN BAREFOOT**

NEW USA GYMNASTICS GUIDELINES FOR GYMNASTIC SCHOOLS

Dear Parents,

Safety has always been our number one priority at Christy's gymnastics. Over the summer, under phase 3 of NYC's reopening, gymnastic schools were permitted to resume training of their competitive teams with new strict guidelines for the safety of the students and coaches. As we continue to reopen in September, we will continue to follow these new requirements and regulations. We know they will seem difficult, but our competitive team quickly learned the new procedures.

PARENTS ARE NOT PERMITTED IN THE WAITING AREA

CUBBIES AND THE WATER COOLER MUST REMAIN CLOSED

SUPPLIES STUDENTS NEED TO HAVE WITH THEM : Hand sanitizer, wipes, a drink, and a gym bag.

WHAT TO EXPECT

- 1. Children remain in their car until called in.**
- 2. Children must come dressed for gym and wear a mask**
- 3. All outer clothing plus shoes are removed and placed in the gym bag before children enter the waiting area.**
- 4. Temperature is taken before coming into the waiting area. Any temperature above 100 degrees is considered a fever. We will take it three times.**
- 5. Hand sanitizer is given out and mask removed. Before they enter the gym their feet must be sanitized with their wipes.**
- 6. Children must carry their gym bag with them at all times**
- 7. During class or team practice social distancing is observed**
- 8. Hands must be sanitized between each new event**
- 9. Children are dismissed from their class or practice one at a time.**

OUR COACHES WEAR MASKS AT ALL TIMES. The gym is sanitized after each class and team practice.

APPLICATION AND WAIVER

Child's Name _____ Birthdate _____

Address _____

Gym class (day and time) _____

Parent's name _____

Email _____

Home phone _____ cell _____

Are there any health issues we should know about

QUESTIONNAIRE

1. Do you have a cough? Yes or No
2. Do you have a fever now or in the last 14 days ? Yes or No
3. Have you come in contact with any confirmed COVID 19 positive patients in the last 14 days? Yes or No
4. Are you experiencing shortness of breath or difficulty breathing? Yes or No
5. Are you experiencing other flu like symptoms? Yes or No
6. Have you experienced recent loss of taste or smell ? Yes or No
7. Have you traveled in the past 14 days to any region affected by COVID 19? Yes or No

WAIVER AND RELEASE

We at Christy's recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics. Students may suffer injuries, minor or more serious in nature. In addition, I understand that there is a risk of exposure to COVID 19 . The staff of Christy's will not accept responsibility for any injury or virus sustained. With that in mind, I waive and release all rights and damages that I, or my child have against the club or its representatives.

Signature _____ date _____

Print name (first and last) _____