



**PRIVATE LESSONS  
AVAILABLE**

**HOLIDAYS  
Columbus Day Oct. 11  
Thanksgiving Nov. 23-Nov.27**

**USA GYMNASTICS MEMBER CLUB  
OUR STAFF IS BACKGROUND CHECKED  
OUR STAFF IS SAFE SPORT TRAINED BY USAG  
OUR COACHING STAFF IS CERTIFIED BY USAG IN SAFETY  
AND RISK MANAGEMENT  
CPR CERTIFIED**

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 of our students reach their goals, Christy's offer a most credentialed staff coupled with a state of the art facility.

The fall semester is a 12 week semester divided into two smaller sessions for your convenience. We offer an Early Fall session and a Late Fall session. Each session may be registered for separately ( six weeks each) or together (twelve weeks) for a discounted fee.

**FALL SEMESTER**  
**SEPT. 20 - DEC. 18**  
**EARLY FALL SEPT. 20 - NOV.1**  
**LATE FALL NOV. 2 - DEC. 18**



150-50 14th Street • Whitesboro, New York 11357 • (718) 767-0123

*Christy's Gymnastics*

MON		TUES		WED		THURS		FRI		SAT	
4-5:00	5 & 6 years	3:45-5:15	6 & over	class	open gym	3:30-5	6 & over	class	3:45-5:15	6 & over	class
5-6:30	Rising Stars	3:45-5:15	6 & over	class	open gym	3:30-5	6 & over	class	3:45-5:15	6 & over	class
5-6:30	Rising Stars	5-6:30	Rising Stars	5-6:30	Rising Stars	5-6:30	Rising Stars	5-6:30	Rising Stars	5-6:30	Rising Stars

### SCHEDULE

**COMPETITIVE PROGRAM**  
 Since 1984 Christy's Gymnastics has trained many state, regional and national champions. Entrance into the competitive program is by try-out, or by invitation. Team members are taught, not only gymnastic skills, but also dance, choreography and strength training in order to proudly represent themselves and Christy's Gymnastics in the competitive arena. Prices and schedules are available on request.

Rising Stars is a program that offers that "little bit more". It's a two day a week program. In order to elect to take Rising Stars children will need a good forward roll, backward roll and a good cartwheel. Children work off a STAR CHART where they earn stars for specific skills. When each category of skill is completed, they are awarded a medal. To complement their skills, students also learn the USA Gymnastics level 2 compulsory routines. This program is noncompetitive. Our competitive team is chosen from Rising Stars.

### What is Rising Stars and how is it different from team?

#### RISING STARS

Most Children will begin their gymnastics experience with the GYM TIME PROGRAM. GYM TIME is our recreational program. We offer a one hour class for children ages 5 and 6 years, or an hour and a half class for ages 6 and over. Our clean, safe, fully equipped environment offers children five and over, whether they are beginning gymnasts with little or no experience, or children who have received previous training, a highly qualified staff and small student teacher ratios. With fun as its prime objective, GYM TIME will enhance participant's coordination, strength, flexibility and body awareness.

### PROGRAMS GYM TIME ( THE RECREATIONAL PROGRAM) Recommended ages 5 1/2 and older

Signature \_\_\_\_\_  
Print name \_\_\_\_\_  
date \_\_\_\_\_

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. 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.

### WAIVER AND RELEASE

CHILD'S NAME \_\_\_\_\_  
PARENTS NAME \_\_\_\_\_  
GYM CLASS \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
EMAIL \_\_\_\_\_  
PHONE \_\_\_\_\_  
CELL \_\_\_\_\_  
HEALTH PROBLEMS \_\_\_\_\_

### APPLICATION

CHRISTY'S ACCEPTS CHECKS OR CASH AS PAYMENT

ALL CLASSES ARE PICK UP AND DROP OFF

taken barefoot. Masks are worn. Children must bring hand sanitizer and wipes

ATTIRE: Girls are required to wear a leotard. Boys take class in shorts and a tee shirt. Class is

RISING STARS FOR 12 WEEKS	\$800
1 1/2 HOUR CLASS FOR 12 WEEKS	\$425
1 HOUR CLASS FOR 12 WEEKS	\$340
<b>CLASS FEES FOR 12 WEEKS</b>	
RISING STARS (3 hours/wk)	\$420
1 1/2 HOUR CLASS FOR 6 WEEKS	\$225
1 HOUR CLASS FOR 6 WEEKS	\$180
<b>CLASS FEES FOR 6 WEEKS</b>	

1. There are no refunds
2. Siblings: There is a 10% discount from the second child's class fee. When the class fees are different, the discount is taken from the lesser of the two.
3. There is a 5% discount from the second class for the same child taking two classes.
4. There is a \$25 for all checks not clearing the bank
5. Christy's reserves the right to cancel classes
6. There is a \$30 fee for all trial classes and guests (1 trial class is permitted)

At registration, 100% of the tuition is required

### GENERAL INFORMATION