

# Christy's Gymnastics

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

## SPRING SEMESTER

April 25 – June 20

Christysgymnastics.net

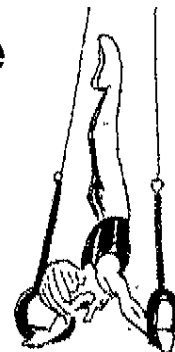
The Spring Semester is an 8 week session. Payment must be made in full prior to the semester beginning. We accept check or cash as payment.

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.

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

HOLIDAYS  
Memorial Day, May 30

Private lessons available



# PROGRAMS

## GYMTIME ( THE RECREATIONAL PROGRAM)

### Recommended ages 5 ½ and older

Most Children will begin their gymnastics experience with the GYMTIME PROGRAM. GYMTIME 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, GYMTIME will enhance participant's coordination, strength, flexibility and body awareness.

## RISING STARS

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

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.

## 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.

## SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
class	class		class	class	class
6 & over	6 & over		6 & over	6 & over	6 & over
3:45-5:15	3:45-5:15		3:45-5:15	3:45-5:15	12:15-1:45
5 & 6 years	Rising Stars		Rising Stars		5 & 6 yrs.
4-5:00	5-6:30		5-6:30		12:30-1:30

## GENERAL INFORMATION

At registration, 100% of the tuition is required

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)

## CLASS FEES FOR 1 CLASS PER WEEK

1 hour class for 8 weeks	\$240
1 ½ hour class for 8 weeks	\$300
Rising Stars for 8 weeks	\$560

**ATTIRE:** Girls are required to wear a leotard. Boys take class in shorts and a tee shirt. Class is taken barefoot. Masks are worn. Children must bring hand sanitizer and wipes

**ALL CLASSES ARE PICK UP AND DROP OFF**

**CHRISTY'S ACCEPTS CHECKS OR CASH AS PAYMENT**

## APPLICATION

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

## 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. 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 \_\_\_\_\_ Print name \_\_\_\_\_ date \_\_\_\_\_