

# LEGACY GYMNASTICS

## 2010-11 FALL/SPRING CLASS REGISTRATION FORM

**\$35 REGISTRATION FEE MUST BE PAID WITH REGISTRATION**

MONTHLY FEES: Due at the 1st of the month, late on the 10<sup>th</sup>, late payments incur an additional \$25 late fee

**WITHDRAWAL POLICY: A 30 day notice is required prior to withdrawal**

No makeup classes available

PARENTS NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

MOM'S WORK: \_\_\_\_\_ DAD'S WORK: \_\_\_\_\_

EMAIL: \_\_\_\_\_  
*(Required – please print clearly)*

CHILD NAME: \_\_\_\_\_

CHILD AGE: \_\_\_\_\_ CHILD BIRTHDATE: \_\_\_\_\_

Please list the class that your child is enrolling in: \_\_\_\_\_

If that class is not available, please list 2<sup>nd</sup> class choice: \_\_\_\_\_

How did you  
hear about us?

\_\_\_\_\_

What do you expect of  
Legacy Gymnastics?

\_\_\_\_\_

What do you expect of the  
Legacy Gymnastics coaches?

\_\_\_\_\_

What should the Legacy coaches  
expect of your child?

\_\_\_\_\_

# LEGACY GYMNASTICS CLASS SCHEDULE

(Please circle the class your child is enrolling in)

Class Description	Age Group	Class Time	Monthly Fees	
			1 day per week	2 days per week
<b>Special needs classes</b>				
Aerial Angels – Beginner (45 min.)	2 to 8	TBA	\$35	
Aerial Angels – Intermediate (45 min.)	9 & up	Mon. 3:30	\$35	
<b>Recreational gymnastics</b>				
Mommy and Me (45 minutes)	Birth - 3 yr. olds	Mon. 9 AM Tues. 10 AM Wed. 4:30 PM	\$45	\$65
Preschool (45 minutes)	3 - 4 yr. olds	Mon. 10 AM & 4:30 PM Tues. 9 AM & 5:30 PM Thur. 5:30 PM	\$55	\$80
Girls Mini Mite (1 hour)	4 - 5 yr. olds	Mon. 11 AM & 3:30 PM Tues. 4:30 & 5:30 PM Wed. 3:30 PM Thur. 5:30 PM	\$65	\$85
Girls Hotshots (1 hour) (Invitation Only)	4 – 6 yr. olds	Tues. & Thur. 3:30 PM	\$65	\$85
Girls Level 1 (1 hour)	5 – 9 yr. olds	Mon. 3:30 PM & 6:30 PM Tues. 3:30, 4:30, & 6:30 PM Wed. 3:30 PM & 6:30 PM Thur. 3:30, 4:30, & 6:30 PM	\$65	\$85
Girls Level 1 (1 hour)	10 - 14 yr. olds	Mon. & Wed. 4:30 PM	\$65	\$85
Girls Level 2 (1 hour)	5 - 9 yr. olds	Mon. 5:30 PM Tues. 3:30 PM & 4:30 PM Wed. 5:30 PM Thur. 3:30 & 4:30 PM	\$65	\$85
Girls Level 2 (1 hour)	10 - 14 yr. olds	Mon. & Wed. 4:30 PM	\$65	\$85
Girls Level 3 (1 hour)	All Ages	Mon. & Wed. 6:30 PM Tues. 3:30 PM	\$65	\$85
Girls Level 3 (1.5 hour)	All Ages	Thur. 3:30 PM	\$80	\$105
Girls Level 4 (1 hour)	All ages	Mon. 4:30 PM	\$65	-
Girls Pre-Team (1.5 hour) (Invitation Only)	All Ages	Mon. & Wed. 3:30 PM (Ms. Bethany) Tues. & Thur. 4 PM (Ms. Brianna)	\$80	\$105
Boys Mini Mite (1 hour)	4 & 5 yr. olds	Tues. 5:30 PM Thur. 4:30 PM	\$65	\$85
Boys Level 1 & 2 (1 hour)	6 - 14 yr. olds	Mon. & Wed 4:30 PM	\$65	\$85
Boys Pre-Team (1.5 hour) (Invitation Only)	All Ages	Mon. & Wed. 4 PM	\$80	\$105
<b>Recreational cheer/tumbling classes</b>				
Beginner Tumbling (45 minutes)	5 – 9 yr. olds	Mon. 5:30 PM Wed. 3:30 PM & 5:30 PM	\$55	\$80
Beginner Tumbling (45 minutes)	10 – 14 yr. olds	Tues. & Thur. 7:30 PM	\$55	\$80
Intermediate Tumbling (45 minutes)	5 – 9 yrs. olds	Tues. & Thur. 6:30 PM	\$55	\$80
Intermediate Tumbling (45 minutes)	10 & up	Mon. & Wed. 7:30 PM	\$55	\$80
Advanced Tumbling (45 minutes)	10 & up	Thur. 7:30 PM	\$55	\$80
Adult Tumbling (45 minutes)	18 & up	Tues. 7:30 PM	\$55	-

## **LEGACY GYMNASTICS LIABILITY RELEASE FORM**

Legacy Gymnastics · 188 Chandalar Place Drive · Pelham, Alabama 35124

Gymnastics, by nature, is a high risk sport. As with any activity that requires the total use of the human body, motor control, strength and balance, injuries may occur.

Legacy Gymnastics has at all time the latest and top of the line equipment. Equipment is constantly checked for safety, wear and tear, loose parts and condition and depth of matting.

Legacy Gymnastics also has a highly trained staff that is consistently trained by the director. Every member of the Legacy staff receives safety training as well as training in proper spotting.

The director of Legacy Gymnastics is a professional of 18 years in the sport of gymnastics. Her training and certifications are above the standards required by the national association. The director is nationally safety certified and trains her staff in safety management.

The director holds a Bachelors Degree in the field of adolescent and youth development and has worked with children for 10 years. She also has many years of leadership, organizational and educational experience.

Therefore, Legacy Gymnastics is not responsible for and can not be held liable for injuries that occur at or on this property while under supervision.

Student name(s): \_\_\_\_\_

Responsible party signature: \_\_\_\_\_

Signing date: \_\_\_\_\_

## LEGACY GYMNASTICS PARENT/LEGAL GUARDIAN MEDIA CONSENT FORM

I hereby consent to the use of my child's name, likeness, voice and biographical material by Legacy Gymnastics (located at 188 Chandalar Place Drive, Pelham Alabama) and those acting on its behalf (its Agents) for the purpose of advertising or publicizing events, activities, facilities and programs of Legacy Gymnastics in newspapers, newsletters, websites, emails and other publications, television, radio and other communications and advertising media.

I also hereby release Legacy Gymnastics and its Agents from any and all liability from such use and publication.

I also hereby grant to Legacy Gymnastics and its Agents the right to reproduce, sell, copyright, exhibit, broadcast, electronically store and/or distribute any photographs, film, video, electronic representations and/or sound recordings (Media) that I provide to Legacy Gymnastics and its Agents.

I also hereby certify that I am the rightful copyright owner of any and all Media that I provide to Legacy Gymnastics and its Agents and, as such, have the legal authority to grant the rights, releases and indemnities herein.

I also specifically waive all rights to any compensation I may have for any of the foregoing.

PLEASE PRINT CLEARLY

Effective Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent or Guardian if above person is under 18:

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

## LEGACY GYMNASTICS CHILD EVALUATION FORM

CHILD'S NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

BRIEFLY DESCRIBE  
YOUR CHILD:  
*(Personality, moods,  
communication skills,  
physical ability:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ANY POSSIBLE  
LEARNING  
DISABILITIES OR  
IMPAIRMENTS?

\_\_\_\_\_  
\_\_\_\_\_

ANY PHYSICAL  
LIMITATIONS?

\_\_\_\_\_  
\_\_\_\_\_

ANY MEDICATIONS  
THAT MAY AFFECT  
BEHAVIOR?

\_\_\_\_\_  
\_\_\_\_\_

ANY HOME  
ENVIRON-MENT  
SITUATION THAT  
MAY AFFECT YOUR  
CHILD'S LEARNING?

\_\_\_\_\_  
\_\_\_\_\_

ANYTHING ELSE WE  
SHOULD KNOW?

\_\_\_\_\_  
\_\_\_\_\_

**Please turn in pages 1-5. Thank you!**

## What to Expect in Your Child's Recreational Class

Mommy & Me, Preschool, Girls Mini Mite, Girls Level 1, Girls Level 2, Girls Level 3, Girls Level 3 & 4 Pre-Team, Boys Mini Mite, Boys Level 1, Boys Level 2, Boys Pre-Team, Beginner, Intermediate, & Advanced Tumbling

- 1.) Benefits from gymnastics/tumbling are not only flexibility, strength, and coordination but also an increase in listening skills, obedience, self-confidence, and a better self-image.
- 2.) For maximum safety of your child please have them dress properly for class.
  - a.) Girls- Keep their hair tied back from their face, no jewelry.  
For all gymnastics classes- leotards (w/ no dance skirts) and no shoes  
For all tumbling classes- t-shirt or tank top and cheer shorts, shoes are optional
  - b.) Boys- t-shirts tucked into shorts and no shoes  
We also do not allow gum during class.
- 3.) We have 7 teachers and although all of them are trained with the same materials, they have their own teaching style. Some teachers spread the kids into stations where they will work individually. Some will keep them all together while other teachers will have some kids sitting while others do skills. One way is not better than the other. The best way for any group is whatever way that teacher feels is the best for that particular group and what learning styles need to be used. It's imperative that each child truly understands how to do each skill before they go run and do it. They need to do the skill in their head or see the skill performed to understand what they are asking their body to do. If you sometimes see groups sitting down listening to the teacher, they are working on incorporating all three listening modalities—auditory, visual, and kinesthetic. Examples of each could be listening to the teacher, watching a demonstration of the skill, and then attempting the skill with a teacher spotting.
- 4.) If you think your child needs more help, consider a second class (it is only \$15-\$20 more a month) or a private lesson. Sometimes just a few minutes of individual attention will reap much reward and your child might then be eligible for the next level. Please email Brianna Mitchell, [bri@legacygymnastics.com](mailto:bri@legacygymnastics.com) for more information on private lessons.
- 5.) Remind your child to go to the restroom before class starts. If they do have to use the restroom during class, make sure they know to ask their teacher for permission and do not just leave the group. If your child is not able to go to the restroom by themselves, you will be asked to take them.
- 6.) Most parents stay and watch the class, but it is not mandatory. We like parents to stay, because you are your child's biggest fan and they love to know you care. Children seek and need your approval. After watching class, be sure to compliment them on what you have seen. Do not yell suggestions from the bleacher or watch room, but allow us to make corrections as we see necessary.
- 7.) Do not compare your child to others. There may be various levels in each class. Our teachers are used to working that way and will strive to give each child equal attention.
- 8.) Remind your child to listen to their teacher. Sometimes the gym can be very noisy and they will have to pay attention to what is happening in their class. There are always several classes as well as team practice going on at the same time; if your child is not paying attention to their teacher he/ she could get hurt or hurt another child. They might also be taking turns and learning to work independently at stations on different events. It is important they don't leave class to go out to the lobby or watch room or balcony to see you.
- 9.) There are cubbies in the gym for the students to put their belongings in. (shoes, water bottles, etc) We have a water fountain available in the gym, but if you would like for them to bring a water bottle make sure they bring it in the gym with them. They may not go up into the balcony to get water from you. Your child must wait in the lobby for the class to start or sit on the bleachers with you until the teacher comes into the lobby and brings them out. While your child is waiting for class, either in the lobby or in the balcony with you, please do not allow them to do gymnastics or tumble in those areas. This is for their safety!!!
- 10.) When your child starts a new activity you want them to succeed. You may be wondering what you can do as a parent to help your child at home. We don't recommend home trampoline use or practicing their skills at home. That is why your kids comes here. But, they can condition and stretch at home which will truly help with their skill progress. All gymnastics skills can be improved by more strength and flexibility. Please email Coach CJ, [cj@legacygymnastics.com](mailto:cj@legacygymnastics.com), for safe exercises your child can do at home.

## Legacy Gymnastics Rules & Policies

1. Here at Legacy, we are on a 12-month schedule. We are open for classes all year long and are only closed for major holidays. We do not follow any school systems closings for holidays, etc. Our annual calendar is on our website ([www.legacygymnastics.com](http://www.legacygymnastics.com)), so please look over it when you register your child for class.
2. Please know that when you register, **you only have to fill out the registration packet one time**. You do not have to fill it out every Spring, Summer, and Fall. When you wish to withdraw your child from our program, you **must give a 30-day notice**, either by email or hard copy prior to withdrawal. All withdrawals that are done by email should be emailed to the Office Manager, Lisa Bonamy, at [Lisa@legacygymnastics.com](mailto:Lisa@legacygymnastics.com). You must receive a confirmation email from Lisa stating that she has received your withdrawal notice or you will be charged for the next month's tuition.
3. Tuition is due on the 1st of the month, and late by the 10th. There is a \$25 late fee for tuition that is paid after the 10th.
4. Also, if you receive more than one email regarding your child's tuition, your child will not be able to return to class until the tuition amount has been paid in full.
5. Due to our class sizes, we do not allow makeup classes due to personal absences (sickness, other activities, etc.) In the event that we have inclement weather and we close the gym, you will receive an email and your child will be offered a make-up class. We will also have a message on the answering machine regarding whether or not we are closed. We host 3 competitions a year at our facility. On the Thursdays prior to competition, classes after 6:30pm will be cancelled and you may email Lisa to schedule a makeup for your child's class.
6. We do not allow parents to stand at the stairs or peer over the balcony and teach or talk to your child during class. You entrust your child to be taught by our staff and we take our responsibility very seriously. It is very distracting to both your child and the instructor when you are trying to get their attention, and we need your child's attention to be focused on what is going on in class at all times.
7. If there is a discipline problem, the teacher may ask your child to sit out for a moment. It is not fair for a child to disrupt the class and take away from the instructor teaching the rest of the class. If your child continues to have problems paying attention or following directions in class, they will be sent to the office. You may also receive an email from the owner, Brianna Mitchell ([Bri@legacygymnastics.com](mailto:Bri@legacygymnastics.com)), if your child gets in trouble more than two times.
8. We have a 3 child per class minimum. If at any time, a class drops to less than 3 children, the owner has the right to close the class. You will receive an email to let you know if your child's class has to close, so that you can enroll your child into a different class.
9. All class changes, additions, etc. must be done via email to [Lisa@legacygymnastics.com](mailto:Lisa@legacygymnastics.com) and you must receive a confirmation email in order to guarantee that your child's enrollment has been changed correctly. If you speak to your child's teacher about their enrollment changes, etc. that does guarantee their class change.
10. All of our classes teachers names and emails:
  - Brianna Mitchell – [bri@legacygymnastics.com](mailto:bri@legacygymnastics.com)
  - Joel Inman – [joel@legacygymnastics.com](mailto:joel@legacygymnastics.com)
  - C.J. Laird – [cj@legacygymnastics.com](mailto:cj@legacygymnastics.com)
  - Bethany Buchanan – [bethany@legacygymnastics.com](mailto:bethany@legacygymnastics.com)
  - Sarah Lewis – [sarah@legacygymnastics.com](mailto:sarah@legacygymnastics.com)
  - Katie Scruggs – [katie@legacygymnastics.com](mailto:katie@legacygymnastics.com)
  - Jessie Beavert – [jessie@legacygymnastics.com](mailto:jessie@legacygymnastics.com)



**“Creating a new Legacy of Champions”**

## **The Legacy Achievement Award Program**

The Legacy Achievement Award Program” was designed for our gymnasts by the Legacy Staff. *This program will provide incentives and rewards for learning new skills and working hard.*

Your gymnast will be a part of our Legacy Achievement Award Program. This program will showcase your child’s progression from Mommy and Me to Pre-Team. Gymnasts will be tested every eight weeks and you will receive an email when your child is ready to move up. As your child progresses onto a higher level, they will be awarded a “gymnastics” medal and a certificate in recognition of their skill achievement and hard work. There is a portion of this progressive, systemized program that has a character building aspect to it too.



### **This program is designed to help your gymnasts:**

- **Set achievable goals**
- **Create a sense of accomplishment**
- **Enrich self-esteem**
- **Enrich self-worth**
- **Learn about commitment**
- **Have fun while learning new skills**

*It will also give each child the chance to be noticed for his/her hard work!!*

