



Johnson Gymnastics



****We are changing our payment schedule. Tuition will now be due by the 1st of every month. You may pay on or before the 1st; a \$30 late fee will be added to any accounts that have not paid by the first. For summer classes payment will be due by the 1st of July. If signing up for the first time this year registration is \$65.00 for the year and every year thereafter. ****



WE WELCOME YOU TO JOHNSON GYMNASTICS!

~9100 Sweet Valley Drive, Valley View Ohio 44125 ~ Phone: 216-524-6659~

~Website: johnsongymnastics.com ~ Email: 123JDG456@gmail.com

Thank you for selecting **JOHNSON GYMNASTICS** as your gymnastics training facility. We are excited to have the opportunity to teach your child(ren) gymnastics! Our staff members are caring, dedicated and passionate about teaching children. We've been doing so since we opened our first facility in 1963.

*****Whether you are a NEW student or a returning student, please read the following information so you are aware of class procedures and rules. Parents we appreciate you taking the time to read and discuss (with your child) the attached SAFETY HANDOUT. Your reinforcement and support is critical to your child's safety, acceptance and adherence of these rules.*****

STUDENTS ARRIVING FOR CLASS:

☑ ALWAYS CHECK IN THE OFFICE UPSTAIRS!

- ☑ Try to arrive 5 minutes before the start of class. An instructor will call you to line up at the entrance into the gym when it is time for your class and warm-up!
- ☑ Restrooms are located by the water fountain, girls to the left and boys to the right.
- ☑ **Please, NEVER leave valuables in the waiting area!** Keep them at home. We are not responsible for lost or missing items. If you have misplaced something, please check the "lost and found", located next to the cupboard under the steps.

PARENT OBSERVATION AREAS and RULES:

- ☑ You may watch from the waiting area. The upstairs area is for our Team and Staff ONLY.
- ☑ We ask that during class; please refrain from talking or "coaching" your child from the sidelines. This allows our staff to do their job to the best of their abilities and for your child to keep focused on class.
- ☑ **Please Do Not bring your dinner here to eat.**
- ☑ Please Do Not Move the Chairs in the Waiting Room, it is a safety precaution.
- ☑ We ask that you keep **cell phones on vibrate** as to not distract the athletes.
- ☑ **FLASH photography is prohibited** for the safety of our athletes.
- ☑ Please clean up after your child in the waiting area

MONTHLY PAYMENTS /WITHDRAWAL FROM CLASS/PARENT PORTAL:

- ☑ Payments are due on or before the first of the month.
- ☑ A **\$30 Late Fee** will be applied if paying after the first of the month!
- ☑ There is a Fee applied if paying over the phone with a credit card.
- ☑ If there is a balance on your account, your child will be withdrawn from the class to open that spot up for other students. An email will go out to you prior to your child being withdrawn from their class. If your child is withdrawn from class, you will have to re-enroll them into class. It is not guaranteed that the same day will be available, nor can they show up to the class that they were withdrawn from.
- ☑ If a check is returned because of insufficient funds, there is a \$35 check return fee, and your child cannot attend class until these fees are paid.
- ☑ If you cannot make it to the office to make your payment, we do have a lock box located between the 2 sets of doors to the right of the window. You can leave your payment in an envelope with your child's name on it.



- ☑ The last week of the month, you will receive an email reminding you that payment is due for the next month. A sign will also be posted on the door.
- ☑ As a courtesy you will also receive an email if payment is not received by the end of the first week of the month.
- ☑ Please check the Parent Portal to see if you have a balance and to update your information. You can also see your payments and print off receipts.
- ☑ We plan to have automatic and online payment available for the Fall 2022 season.



WHAT TO EXPECT DURING CLASS:

Each class will start with a 5 -15 minute warm-up activity depending on the class. This is a very important part of the class. A thorough warm-up is needed to help prevent muscle strain. Please try to be on time for your class. Gymnasts will be escorted into the gym by a staff member.

The gymnasts will be using the balance beams, uneven bars, vault, trampoline and some of the floor area. Tumblers will be using the floor and trampoline only, our preschoolers will use the preschool room for the first part of their classes.



GYMNASTICS & TUMBLING ATTIRE:



- ☑ **GIRLS** are required to wear a LEOTARD (no skirt attached) and barefoot to class. Gymnastics/Tumbling spandex shorts are optional.
- ☑ Hair should always be pulled back in a ponytail before entering into the gym (please NO beads).
- ☑ NO jewelry. If pierced earrings cannot be removed, we ask that you use a piece of white athletic tape to cover them. Tape is available at the service counter for earrings only.
- ☑ **BOYS** are required to wear athletic style shorts, (no snaps, buttons or zippers) and a t-shirt or tank top that can be tucked into the shorts.
- ☑ **Parents/Guardian** assisting in the Rock-n-Rollers class please wear comfortable workout clothes (NO jeans or shoes), NO cell phones in the gym. Parents are there to assist their child in the class.

ABSENCE POLICY and MAKE-UP CLASSES: Students are allowed only **ONE excused absence per month** for a make-up. If your child will be absent please call before the start of his/her class to report the absence. Make-ups need to be scheduled with the office, not the instructor. Walk ins will not be permitted to make up in any class! **NO MAKE-UPS IN THE SUMMER.**

INJURIES IN THE FACILITY: Students that are injured during a class time and are restricted or prohibited on attending classes for any period of time, a doctor's note is required to prorate credit, make-up or hold a spot in their class. A doctor's note is also required in order to resume any class. If any restrictions or limitations, that must be on the doctors note.

PRESCHOOL AND RECREATIONAL PROGRAMS:



RISING STARS PROGRAM (For girls and boys ages 2 – 5)/SHOOTING STARS PROGRAM(For girls aged 4 - 6.) Through the use of a defined set of skills, our Staff focuses the children's activities toward the development of locomotor skills, hand-eye coordination drills, rhythmic activities, socialization games, balance and agility. Many fundamental gymnastics skills are used to enhance the progress of each individual. Our Staff is well trained and quite diverse in their approach to a fun, yet safe and progressive physical and social development program. These classes are separated by age. **Rising Stars:** Tiny Tumblers (3), Little Leapers (4), Junior Jumpers (5). **Shooting Stars:** Super Springers (6), Little Elites (4-6)*, Fierce Flippers (5-6)*.

GYMMASTER PROGRAM: For girls ages 7 years and older. On each event, nationally recognized skill progressions will be taught. **The GymMaster Program**, has four levels. They are divided according to their skills:

GymMaster 1 - Beginners, GymMaster 2 - Intermediate, GymMaster 3 - Advanced & GymMaster 4 - Intermediate/Advance

CHEERMASTER PROGRAM: For girls or boys ages 7 and older. This class is strictly using the floor and/or tumble track. Students work on their tumbling skills, which include cartwheels, round offs, backhand springs, tucks, jumps etc.

CheerMasters - For the beginner with no experience level of tumbling, and the intermediate tumblers that have their backhand springs/tucks with no or little help.

***Teacher Recommendation**



EXTRA ACTIVITIES:

❖ **Birthday Parties** - call the office to book your party. We offer Birthday Parties on Saturday's after 3:30pm or Sunday's after 11:00am. Parties are 2 hours; 1 hour in the gym and 1 hour in our party room. For more details, please see our brochure on our website. Prices start at \$250.

❖ **Field Trips** - are designated for pre-school and school aged children. Typically they are 1 hour long. For more details, please see brochure on our website



❖ **Open Gym** - ages 6 and up, students have access to all the gym equipment. We offer Open Gym from 7:30 - 8:30pm on the first and third Friday's of each month starting in October. See website for dates and pricing for both enrolled students and non-enrolled students. Non-enrolled students must have one of our waivers signed by their parent or legal guardian. Waivers can be found on our website on the general information page. We will keep the waivers for the season.



SICKNESS and CHRONIC HEALTH CONDITIONS: If your child is running a *fever, rash or exhibits other symptoms of sickness, PLEASE keep them at home.* If your child has any chronic or acute health conditions that our staff should be aware of, please provide this in writing, email or a phone call. Also, if there are any physical restrictions you or your child's doctor would like us to follow, please provide us with a written copy of such.

CHILD DROP-OFF and PICK UP POLICY: It is always best to park and walk your child into the building when arriving for class. After class, young children should not be told to wait outside for you to pick them up. *For safety reasons, we ask that you please tell your child to wait indoors. Park your car and come into the building to get them.*

TIME OFF/DISCONTINUEING CLASS POLICY If your child no longer wants to attend classes, please notify the office immediately so we may open that spot up for another student that may be on the waiting list. We ask that if you are taking a session or two off, please inform the office. We reserve the right to drop a student out of a class if they have not checked in or called the office for missing more than two classes in a session.

PARKING LOT POLICY: There is **NO** Parking in front of the steps! When there is snow on the ground, do not park in the turn around.



WEATHER CONDITION POLICY:

Winter: Very seldom do we close for weather, however, we try our best to inform our customers of any closing.

Summer: If the temperature outside is 95° between noon and 3:00 pm according to the Channel 3 news, classes will be cancelled. An EMAIL will go out immediately followed by a make-up schedule.

Flooding: In case Canal is closed due to flooding, you can get to us by using Rockside Rd.

We do post closings or cancellations first through **EMAILS** (please check on a regular basis), I-Alert (channel 3), Facebook, person to person call, and on our answering machine

In case Johnson's cancels your scheduled class (excludes all Team-see team handbook), classes will be rescheduled.

REGISTRATION: There is an annual \$65 Family Registration Fee is due upon initial registration and each year thereafter.



COMPETITIVE TEAM PROGRAMS

TEACHER RECOMMENDATION

New this season, HOPES!



Johnson Gymnastics offers several levels of competitive team, NEOGL and USA. NEOGL is our local team and USA is our travel team. We also offer the TOPS and **HOPES** programs which are limited programs in the Northeast Ohio area. This past season one of our TOPS athletes made national team and was invited to national Team camp where she received an award for best cast handstands on bars. New this season, starting this summer, we have two local gymnasts training for **HOPES** which leads into the Elite Competitive program that competes nationally. We also allow our older gymnasts to compete on their high school teams in addition to our team.

?QUESTIONS? Whenever you have a question or concern, please feel free to stop by our office and discuss the nature of your concern with our receptionist, or email us at **123jdg456@gmail.com**. She will refer you to the appropriate staff member.

COMMUNICATIONS: Always check your Emails, we send out frequent emails with useful information. You can email us too with anything! We will reply back as quickly as possible.



PLEASE TAKE TIME TO ALSO READ JOHNSON DANCE & GYMNASTIC'S SAFETY HANDOUT!