

NWGA SUMMER CAMPS

Back Handspring (& Flip) Clinics

We periodically offer clinics designed specifically to help learn the back handspring. Back handsprings are one of those skills that seem to take a little more attention and time than we can give in regular classes. These clinics have proven very helpful and popular over the years. We provide multiple coaches and set up specific stations to help with each phase of the back handspring. We will provide hand-outs in classes with prices and more detailed information in the weeks prior to each clinic.

Summer Pre-Gym Camps:

NWGA offers camps designed just for the little ones ages 3 to 6! These camps will run for three hours per day for a week. The camps have themes and include gymnastics, arts and crafts, games, and a field trip. Provide your child with an experience to remember. Sign-ups will begin in May.

Summer Recreational Camp:

These camps are designed for gymnasts of beginning to intermediate skill level (Levels 1 to 4; pearl, sapphire, ruby, or emerald in the NWGA level program). This camp will include lots of gymnastics with enthusiastic instructors, along with a field trip, exciting games and activities. Sign up early for summer fun at the gym.

Summer Gymnastics Team Camps:

Come and work with some of the best coaches in the Northwest. Our team camp is run in the month of August. We bring in some great outside coaches for that "different voice." These camps are for all gymnasts with competitive aspirations from Pre-Team and up. These camps are structured for accelerated learning and fun. Enrollment is limited so be sure to sign up early.

Watch for camp information in the newsletter
& on posters & handouts in the lobby.

Northwest Gymnastics Academy // (509) 924-3341

Visit us on the Web at nwgymnastics.com
Gym e-mail: nwgymnast@msn.com

Parent Handbook

2010 – 2011



"Join Us for some Serious Fun!"

E. 11712 Montgomery
Spokane, WA 99206

(509) 924-3341

Web Site: nwgymnastics.com
e-mail: nwgymnast@msn.com

Our Philosophy:

At Northwest Gymnastics, we are SERIOUS about providing safe, fun, & effective instruction for our students. Our students learn proper progressions and correct techniques, but they also have FUN! Our teaching philosophy is based on respect: respect for yourself, respect for your teachers, and respect for the sport. We strive to help kids feel good about themselves, to help them learn gymnastics, to help them do their best, and to have fun in the process!

Payment Guidelines

- Full tuition is due by the first class of each month. Your monthly charges are for an average of 4 lessons/month. You will have some months with 5 lessons and some with 3; tuition is the same for each month. Classes are pro-rated for the first and/or last month only.
- Please write your child's first and last name & class time and day on your check to ensure proper credit of payment.
- Late payments will be charged a \$10 late fee.
- Each family will be charged an annual membership fee of \$30 at the time of enrollment. This fee is non-refundable.
- Discontinuing a class requires two weeks prior notice to the front office. Failure to give notice will result in a full monthly tuition charge.
- Cash, check and check by bill pay through your bank are acceptable forms of payment.

Make-up Classes:

- You must notify the office no later than the day of your child's missed class to qualify for a make-up class.
- Make-ups are scheduled on a space-available basis in classes that are the same level as the class missed. We will not over-fill a class with students doing make-ups.
- Tuition will not be pro-rated if you do not arrange a make-up class.
- You must make-up your class within 4 weeks from your missed class.

Drop-off Policies:

- It is very important that your child be on time for class. Stretching and a good warm up are essential. It is very disruptive for the class when kids come in late. If your child is more than 10 minutes late for class, he/she will not be able to participate unless prior arrangements have been made.
- Children should be dropped off no earlier than ten minutes before class, and picked up no later than 10 minutes after class. *(Including Team)*

"Gymnastics Builds Confidence!"

Birthday Parties

Does your home become a war zone at birthday parties? Do you dread the mess and hassle that is guaranteed after every child's party? We have the perfect solution for you. Let NWGA take care of the entire event for you. Have your child's next party at the gym! We supply the space for the kids to run and play instead of your living room. It's that simple. We provide the cups & plates, run the games and activities, and even clean up!



The Birthday Boy or Girl even receives a free NWGA T-Shirt. Let us make your child's birthday party fun & exciting without any stress on you!

Parents Night Out!

Dates: Check the Calendar on pages 4&5
Time: 6:30 pm — 10:30 pm

Parents, could you use some time alone or want to get out of the house for a while? Bring your kids to us and go have some fun! This special time is not only for NWGA gymnasts, but also for their friends. We'll provide open gym, games, and a snack. To ensure the event is properly staffed, make sure to sign up in advance at the front desk. The cost is only \$25.00 for registered NWGA gymnasts and \$30.00 for all other participants. This may be a good time to get some quality time in or perhaps some holiday shopping! More detailed info will be available in the weeks before each "Parents Night Out."



*"Flip into a fun atmosphere where your child can
explore their talents!"*

Special Events at NWGA

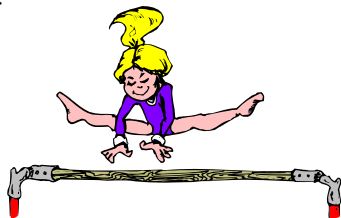
“Mini-Olympics”:



This is a favorite of the parents! The “Mini-Olympics” is a chance for all NWGA gymnasts to perform in a gymnastics meet without the judges in a non-competitive format. Every gymnast experiences the protocol of an exciting gymnastics meet including an awards presentation at the completion of their performance. There is no admission fee and all gymnasts in our program are encouraged to participate. A professional photographer will be on site with pictures available for purchase.

Home Gymnastics Meets:

Have you ever wanted to see a live gymnastics meet? Each season NWGA hosts at least one home meet featuring our team and teams from around the Pacific Northwest. You will see gymnasts of all levels compete from beginning to National level. We create an “Olympics-like” atmosphere in our gym complete with professional judges and awards. Dates for the 2010-11 season will be posted soon. Come support our teams!



Spring Show:

This show features all NWGA gymnasts young and old, beginning to advanced. The kids perform their tumbling and dance skills to music as a group, but that's not all! The Spring Show also has each gymnast performing individually on specific apparatus in the gym. The shows run 60 minutes or less. There is a minimal charge (\$3.00/adult, \$1.00/Child) to help offset production costs.



Bring the video camera to this one it promises to be an unforgettable presentation. This year's show will be held on **June 10-11, 2011**. Detailed information will be sent out in the weeks preceding the show.

Did you know? “Gymnastics is used as a core part of most country's Physical Education curriculum.”

Frequently asked Questions:

Q. *What age levels are taught at NWGA?*

A. NWGA starts off with a tot program for walkers thru toddlers, & progresses with recreational instruction for boys & girls thru high school. We also offer USA Gymnastics competitive teams for girls levels 4 thru 10.

Q. *How does my child advance (progress)?*

A. We have a level program at NWGA. This program is progressive and encompasses all the standard gymnastics events plus trampoline and some dance skills. Children are periodically evaluated and moved up as they learn the skills in each level.

Q. *What should my child wear?*

A. Girls may wear leotards, unitards, or spandex shorts with a tucked-in T-shirt. Footless leg tights are often worn, especially in the winter months. For safety reasons, jewelry should not be worn in class. If your gymnast's hair is shoulder length or longer, it should be put up. Boys should wear gym shorts with a T-shirt.

Q. *Can I watch?*

A. Parents are encouraged to watch from our observation balcony (which has a great view of all areas of the gym)! You may also drop your child off for a class & pick them up when class is over. For safety reasons, only participating gymnasts are allowed on the gym floor. (Occasionally, you may see parents on the floor for mom-and-tot classes, or by request due to injury.) Authorization must be obtained to go out on the gym floor.

Q. *When can I talk to my child's teacher?*

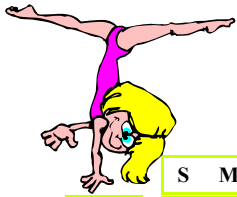
A. Time permitting, before or after class is an appropriate time to speak with your child's teacher. You can also leave a message at the front desk. Your child's teacher will call you or arrange a meeting.

Q. *What does the annual membership fee cover?*

A. In order to continue providing your child with the best quality gymnastics program Spokane has to offer, membership fees are used to cover administrative, staff training, and insurance costs.

Q. *When is tuition due?*

A. Tuition is due the 10th of the month. By arrangement, however, a later payment date may be established. A \$10 late fee will be assessed for payments not made on time. *We do not send monthly bills.*



NWGA 2010-11 Calendar



S	M	T	W	T	F	S
29	30	31	.1	.2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

8/30 1st day of Classes

9/6 Labor Day GYM CLOSED

9/20 to 9/25 "Bring a Friend Week"

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

10/11 "Columbus Day" Classes as usual!

10/16 "Back Handspring Clinic" 1:00 PM

10/22 "Parents Night Out"

10/31 "Happy Halloween!"

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

11/11 "Veterans Day"

11/19 "Parents Night Out" See Pg. 7

11/25-11/28 "Thanksgiving" GYM CLOSED

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

12/4 "Back Handspring Clinic" 1:00 PM

12/18 "Parents Drop & Shop" 12 to 4 pm
More info first week of December.

"WINTER BREAK" GYM CLOSED 12/22-1/2
Gym Re-opens Monday January 3.

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

1/3 Gym re-opens from Holiday Break

1/17 "Martin Luther King Day" Classes as usual.

1/21 "Parents Night Out" See Pg. 7

1/28-29 "MINI-OLYMPICS" Fri. and Sat.

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

2/5 "Back Handspring Clinic" 1:00 PM

2/14 "Valentines Day" Classes as usual.

2/21 "Presidents Day" Classes as usual

2/25 "Parents Night Out" See Pg. 7

MAR

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

3/11-13 March Madness Cup! (NWGA's own Gymnastics meet. Site TBA)

3/17 "St. Patrick's Day" Wear your green!!
Classes as usual.

APR

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

4/15 "Parents Night Out" See Pg. 7

4/16 "Back Handspring Clinic" See Pg. 7

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

5/8 "Happy Mothers Day"

5/20 "Parents Night Out" See Pg. 7

5/30 "Memorial Day" GYM CLOSED

JUN

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

6/10-11 "Spring Show" All Students! All levels! Fri. & Sat. classes cancelled. Refer to pg. 6.

6/12 "Happy Fathers Day"

6/13-18 "Bring a Friend Week"

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

7/4 "Fourth of July" GYM CLOSED

Summer Rec Camps. 7/11-7/15 & 7/18-7/22.
Classes as Usual

AUG

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

CLASSES AS USUAL 8/1 to 8/26

"Team Camp" 8/24-27

"SUMMER BREAK" Gym closed 8/29-9/3.
Gym Re-opens Tuesday 9/6. Remember to pre-register for fall classes!