

GYMNASTICS EXPRESS TOO INFORMATION 2016-2017

TERM I (FALL) – Sept. 6th- Dec. 17th

TERM II (WINTER) - Jan. 2nd - April 8th

TERM III (SPRING) - April 17th - June 10th

DATES CLOSED

Thanksgiving - (Tues.) Nov. 22nd - 27th

Christmas - Dec. 19th - Jan 1st

Spring Break – Apr. 10th – 16th

Memorial Day - May 29th

WE ARE OPEN ALL OTHER HOLIDAYS

OUR OWNER AND HEAD COACH

Maureen Chagnon has BS in physical education from the State University of New York at Cortland. Maureen has been head coach and team coordinator at NEGX since our opening in Newington in 1988. The Glastonbury gym was opened in 2008. She has traveled around the world coaching our gymnasts. Maureen is an Elite rated judge and an USA Gymnastics Professional Member and Safety Certified instructor.

OUR TEAM DIRECTOR

Blane Jefferson has worked with Pre-Schoolers and Olympians alike for over 30 years. He is a USA Gymnastics Professional Member.

OUR PRE-SCHOOL DIRECTOR

Brenda McManus, our Pre-school Director, has been teaching gymnastics for 29 years, ten of them at our sister gym, NEGX and helped to open the Glastonbury Facility. She started acrobatics at age 4 and was a competitive gymnast while growing up.

MAKE-UP POLICY

Each child is allowed **2** make-ups for term 1 & 2, **1** make-up for term 3; which must be made up during the current term. Call the office to arrange a date.

SNOW CLOSINGS

In case of inclement weather, please check our website for cancellations before coming to class, or check www.wfsb.com (Channel 3). **ALL SNOW CLOSINGS CAN BE MADE UP.**

PRE-SCHOOL GYMNASTICS

Our pre-school classes are for boys and girls ages 2 to 5 ½. We promote fitness by offering creative, fun classes that both excite and challenge these very young gymnasts. Through activities involving gymnastics, strength, flexibility, eye-hand

coordination and other developmental skills your child will start on the track to good health. Gymnastics skills are tools to teaching positive learning attitudes.

“Tumbling Tykes” (2-3 ½ yrs)

The child participates with an adult (mom, dad, grandma, grandpa or sitter) to offer a more secure experience in the gym. This is a 45-minute class.

“Jumping Juniors” (3 ½ -5 yrs)

The child participates on his or her own without mom or dad. An observation area is available where parents may enjoy watching their child in action. This is a 45-minute class.

“Junior Express” (5-6 yrs)

The child participates in a special hour class designed for the younger child. These classes offer more experience in actual gymnastics as a lead up to our regular *Express* gymnastics program.

BOYS AND GIRLS Express GYMNASTICS

The Gymnastics Express Too offers gymnastics classes for the beginner through the high school gymnast age 6 – 17. Each child enrolls to participate at his/her own level and age group. A 1¼-hour and 1½-hour class is offered for beginner through advanced boys and girls or high school girls. Our gym is fully equipped with the most up-to-date equipment including a spring floor, a complete pit system, a separate tumbling strip and a tumble trak. Our well-trained staff is ready to offer your child a fun, safe, learning experience.

TUMBLING CLASS

This is our NEW one hour tumbling class for gymnasts! Your gymnast will be able to progress through an assortment of tumbling skills to build a solid foundation as well as receive spots for the skills of their choice. Your gymnast will be able to brush up on old skills and work on a variety of new skills to further their passion for gymnastics!

COMPETITIVE PRE-TEAM

The girls in this select group will be working Level 1 – 3 of the USA Gymnastics system. They will attend two days a week. The goal of this group is to join our

competitive team as a Level 3. They pay a monthly fee from September through June.

TEAM TRYOUTS

Our competitive team program, in both Newington and Glastonbury, is one of the highest rated on the East Coast. Members of our girls' team have competed across the United States, and several of our girls have gone to college on full scholarships for gymnastics. This year our Level 8 & 10 were State Champions! We are very proud of all our leaders, coaches and gymnasts!

We offer pre-team through Level 10 training for girls interested in competitive gymnastics. Call the office for tryout times.

PAYMENT PLAN

Full payment for the session is due with your registration when paying by credit card. We accept VISA and MASTERCARD. If you are paying by check (payable to GET) or cash you may make two payments. Half the cost of the class plus registration is due when registering and the balance will be due ½ through the session.

A \$25 NON-REFUNDABLE REGISTRATION FEE IS CHARGED PER CHILD ONCE DURING THE SCHOOL YEAR. MAXIMUM FEE \$60/FAMILY.

If you need a special payment plan please contact Brittany at 860-659-2200.

DISCOUNTS

A Family discount or multiple class discount of 10% off the second child/class will be available by the session.



REFUND POLICY

All registration fees are non-refundable. Please understand that you are responsible for **FULL TUITION** once your child begins classes. We give **NO REFUNDS** except to pre-schoolers who have never been in our classes before and this must be done before the 3rd class of the term. If your child is absent due to a prolonged illness, you may apply the tuition to the next term. A doctor's note is required.

WHAT TO WEAR

Leotards are required for all girls in all classes. Tights, if worn, must not have feet. **NO** jewelry should be worn and hair must be tied back. Boys must wear t-shirts and elastic-waist shorts or sweats. All gymnasts will go bare-footed. **THESE REQUIREMENTS ARE FOR THE CHILD AND INSTRUCTOR'S SAFETY.**

BIRTHDAY PARTIES AT THE GYM

What could be more exciting than a birthday party for your child and their friends at the Gymnastics Express Too? Included is 1 hour of interactive activities on Tumble Trak, Trampoline, Foam Pits, Inflatable Bouncer, custom built Pirate Ship & Castle, and other gymnastics equipment; followed by 45 minutes in one of our exclusive party rooms in our 15,000 square foot facility. Call the office or email for more information.



GET 2016- 2017 Preschool/Junior <i>Express</i> Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Tumbling Tykes" 2 - 3 1/2 year old (45 minutes w/adult)	10:20	10:00	10:00	10:00	9:30	8:45 9:40 10:30 11:25
"Jumping Juniors" 3 1/2 - 5 year old (45 minutes)	9:30 10:20 1:00	10:00 10:50 1:50 5:15	10:50 5:30	10:00 1:00 6:00	10:20	8:45 9:40 10:30 11:25
"Junior Express" 5-6 year old (60 minutes)	4:00	6:00	4:00	4:00	5:15	8:30 9:40 10:50

GET 2016- 2017 Regular <i>Express</i> Gymnastics Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls Express I Beginner/Adv. Beginner 6 - 10 year old (1 1/4 hours)	4:00 5:15	4:00 5:15	4:00 5:15	4:00 5:15	4:00 5:15	8:30 9:55 11:20
Girls Express II Adv. Beginner 8-11 year old (1 1/4 hours)		6:30		6:30		
High School Express Adv. Beginner 11 year old & up (1 1/2 hours)	6:30		6:30			11:00
Boys Express Gymnastics 6 year old & up (1 1/4 hours)		4:00				
Tumbling 6 year old & up (1 hour)					6:00	

Schedule subject to change

COST OF CLASSES		
TYPE OF CLASS	TERM 1 & 2	TERM 3
45 MINUTE CLASS	\$284 each term	\$151
1 HOUR CLASS	\$326 each term	\$173
1 ¼ HOUR CLASS	\$370 each term	\$197
1 ½ HOUR CLASS	\$405 each term	\$216

**GYMNASTICS EXPRESS TOO 2016-2017
REGISTRATION FORM**

HAVE YOU TAKEN GYMNASTICS CLASSES BEFORE? _____ YES _____ NO

WHERE? _____

How did you hear about us? _____

**1. STUDENT NAME _____ AGE _____ D.O.B. _____ SEX M/F
CLASS DAY _____ CLASS TIME _____ SECOND CHOICE _____**

**2. STUDENT NAME _____ AGE _____ D.O.B. _____ SEX M/F
CLASS DAY _____ CLASS TIME _____ SECOND CHOICE _____**

**3. STUDENT NAME _____ AGE _____ D.O.B. _____ SEX M/F
CLASS DAY _____ CLASS TIME _____ SECOND CHOICE _____**

PARENTS NAME _____ HOME PHONE _____ CELL _____

ADDRESS _____ TOWN _____ ZIP _____

EMAIL _____

EMERGENCY # AND NAME _____

**ANY ALLERGIES OR GENERAL HEALTH INFO WE SHOULD BE AWARE OF?
_____**

**PROGRAM 45 min TT/ JJ _____; 1 HR Jr Exp CLASS _____; 1 ¼ Exp GYMNASTIC CLASS _____
1 ½ Exp GYMNASTICS CLASS _____; TUMBLING CLASS _____**

**COST OF CLASS _____ DISCOUNT (IF APPLICABLE) _____ TOTAL _____
(INCLUDE \$25 REGISTRATION FEE FOR EACH CHILD - \$60 MAX/FAMILY)**

MASTERCARD/VISA # _____ EXP. _____

PLEASE READ AND SIGN BELOW.

I UNDERSTAND THE SPORT OF GYMNASTICS INVOLVES CERTAIN RISKS AND RECOGNIZE THOSE POTENTIALLY SEVERE INJURIES, INCLUDING BUT NOT LIMITED TO PERMANENT PARALYSIS OR DEATH CAN OCCUR IN ANY ACTIVITY INVOLVING HEIGHT OR MOTION. I VOLUNTARILY CONSENT TO THE ABOVE MENTIONED PERSON PARTICIPATING IN CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO PROGRAMS AND ACCEPT ALL RISKS ASSOCIATED WITH THAT PARTICIPATION. IN CONSIDERATION FOR ALLOWING MY CHILD TO USE THESE FACILITIES, I HEREBY FOREVER RELEASE AND CONVENANT NOT TO SUE CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO, ITS OFFICERS, EMPLOYEES, VOLUNTEERS AND OTHERS ASSOCIATED WITH THE CORPORATION FROM ALL LIABILITY FOR ANY AND ALL DAMAGES AND INJURIES SUFFERED BY MY CHILD WHILE UNDER THE INSTRUCTION, SUPERVISION, OR CONTROL OF CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO. AS LEGAL GUARDIAN OF THE ABOVE MENTIONED CHILD, I HEREBY AGREE TO INDIVIDUALLY PROVIDE FOR ALL POSSIBLE FUTURE MEDICAL EXPENSES WHICH MAY BE INCURRED BY MY CHILD AS A RESULT OF ANY INJURY SUSTAINED IN TRAINING OR PERFORMANCE FOR CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO. I HAVE READ AND UNDERSTAND THIS ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY AND I VOLUNTARILY AFFIX MY NAME IN AGREEMENT.

PARENT OR LEGAL GUARDIAN'S SIGNATURE _____ DATE _____

OFFICE USE ONLY

DATE RECEIVED _____ BY _____ PAID _____ REGISTERED _____ BY _____

PMT TYPE _____ OWE _____ EMAIL CONFIRMATION _____