

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 been head coach and team coordinator at Gymnastics Express since opening our in Newington location in 1988. She continues that role in our Glastonbury gym which opened in 2008. Maureen has a B.S. in physical education from SUNY- Cortland. Maureen has traveled the world coaching our gymnasts at international events. She 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 and Safety Certified instructor.

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.

OUR FACILITY

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 TumbleTrak. Our well-trained staff is ready to offer your child a fun, safe, learning experience.

MAKE-UP POLICY

Each child is allowed 2 make-ups for Terms 1 & 2. One make-up is allowed for Term 3. All make-ups must be completed during the session the absence occurred. Please call the office in advance to schedule a make-up 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 MAY BE MADE UP.**

PRE-SCHOOL GYMNASTICS

Our Preschool program is designed for boys and girls ages 2 to 5 ½. The program promotes fitness through fun, interactive, and creative classes that are exciting and challenging to these young gymnasts. Class activities incorporate gymnastics, strength, flexibility, eye-hand coordination and other key developmental skills that allow children to enhance motor skills and social development.

Tumbling Tykes (2-3 ½ yrs) 45 mins

Your gymnast participates with an adult (mom, dad, grandma, grandpa or sitter) to offer a more secure experience in the gym.

Jumping Juniors (3 ½ -5 yrs) 45 mins

Gymnasts participate on his or her own without mom or dad. An observation area is available where parents may enjoy watching their child in action.

Junior Express (5-6yrs) 1 hour

Your gymnast will enjoy this special hour class designed for younger children. These classes introduce additional gymnastics skills as a lead up to our recreational gymnastics program.

RECREATIONAL GYMNASTICS

We offer 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.

TUMBLING 1 hour

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.

COMPETITIVE TEAM

Our competitive team program is offered in both our Newington and Glastonbury gyms and is one of the highest rated on the East Coast. Members of our girls' team have competed throughout U.S. and represented the United States at international competitions. Many of our alumni have received scholarships to compete at the collegiate level.

PAYMENT PLAN

Full payment for the session is due with your registration (Cash, Check, VISA, or MASTERCARD). Checks made payable to GET. Split payments are Cash or Check Only. The first half of class tuition plus registration and split payment fees must be paid at registration. The **Winter 2017** session balance is due by February 1, 2017. **There is a one-time administrative charge of 25.00 for split payments. Special payment plans may be considered on needs based criteria. Please contact the office at 860-659-2200.**

A \$25 NON-REFUNDABLE ANNUAL REGISTRATION FEE IS CHARGED PER CHILD. MAXIMUM FEE \$60/FAMILY. (REGISTRATION VALID SEPT 1 – AUG 31)

****NEW**CLASS CHANGE POLICY****

Life happens! You may need to change your gymnast's class time. We offer two changes at no

cost. There is a 25.00 class change fee applied to all subsequent changes.

DISCOUNTS

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

REFUND POLICY

Please understand that you are responsible for full tuition once your child begins classes. We do not give refunds except to preschool gymnasts who have never participated in our classes before. Notice must be given 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

NO JEWELRY. Hair must be tied back. All gymnasts will go bare-footed.

Girls - Leotards are required in all classes.

Tights must not have feet. Please no skirts.

Boys - must wear t-shirts and elastic-waist shorts or sweats.

BIRTHDAY PARTIES AT THE GYM

Need a birthday party venue? Don't flip out! Let us do the work for you with one of our birthday party packages! All packages include 1 hour of interactive activities on Tumble Trak, Trampoline, Foam Pits, Inflatable Bouncer, custom built Pirate Ship & Castle, and other gymnastics equipment in our 15,000 square foot facility. Gym time followed by 45 minutes in one of our dedicated party rooms. . Call the office or email us for more information.

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

	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		11:00
High School Express Adv. Beginner 11 year old & up (1 1/2 hours)	6:30		6:30			
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 depending on enrollment**

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 GYMNASTICS 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 CONVEYANT 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** _____ (Valid through Aug 31, 2017)

DATE RECEIVED _____ BY _____ OFFICE USE ONLY PAID _____ REGISTERED _____ BY _____

PMT TYPE _____ OWE _____ EMAIL CONFIRMATION _____