

NEW ENGLAND GYMNASTICS EXPRESS 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 - April 10th – 16th

Memorial Day – May 29th

WE ARE OPEN ALL OTHER HOLIDAYS

OUR DIRECTOR 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 1988. She has been involved with teaching and coaching gymnasts for over 30 years. Maureen has traveled around the country coaching our gymnasts. Besides coaching gymnastics at the Elite level, Maureen is an Elite rated judge and an USA Gymnastics Safety Certified instructor.

OUR MANAGER

Hether Whittier wears many hats at NEGX. A former gymnast herself, she teaches classes, coaches team and manages the office. Hether graduated from Springfield College and has been with us for 18 years.

MAKE-UP POLICY

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

SNOWCLOSINGS

In case of inclement weather, please check our website www.gymnasticsexpress.org for closings
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.

“Papoose Cabooes” (2 – 3 ½ yrs. old)

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

“Cabooes” (3 ½ - 5 yrs. old)

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.

“Freight Cars” (5 – 6 yrs. old)

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

BOYS AND GIRLS GYMNASTICS

The New England Gymnastics Express 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 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 track. Our well-trained staff is ready to offer your child a fun, safe, learning experience. Come on aboard.

NEW ENGLAND GYMNASTICS EXPRESS 2016-2017

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.**

PAYMENT PLAN

We now accept VISA and MASTERCARD. Full payment is due with your registration. All payments are by check payable to N.E.G.X., cash or credit card.

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 Hether at 860-953-0101.

DISCOUNTS

A 10% family discount (off class fees only – **NOT** registration fees) will be given for more than one child enrolled in the program.

REFUND POLICY

All registration fees are non-refundable. Please understand that you are responsible for **FULL TUITION** once your child begins classes. We give **NOREFUNDS** 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.

PARENT'S DAY

Near the end of each term, the parents of pre-schoolers will be invited into the gym to

participate with their child. Photos or videos can be taken at this time. **FOR ALL OTHER CLASSES, THE PARENTS ARE ASKED TO PLEASE WATCH FROM THE WAITING ROOM.**

BIRTHDAY PARTIES AT THE GYM

(in Glastonbury #860-659-2200)

What could be more exciting than a birthday party for your child and their friends at Gymnastics Express Too in Glastonbury? Call the Glastonbury office for more information.

TEAM TRYOUTS

Our competitive team program is one of the highest rated on the East Coast. Many of our girls have been members of the U.S. National team. Members of our girls' team have competed in Mexico, Puerto Rico and across the United States. Several girls are in college on full scholarships for gymnastics. This year our Levels 9 & 10's were State Champions. We are very proud of all our gymnasts. We offer pre-team through Level 10 training for girls interested in competitive gymnastics. Call the office for an evaluation.

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.



NEW ENGLAND GYMNASTICS EXPRESS 2016-2017

NEGX - 2016-2017 Pre-School/Kindergarten Schedule						
CLASS	MONDAY	TUESDAY	WED.	THURS.	FRIDAY	SAT.
Papoose Cabooes 2 - 3 1/2 yrs old (45 minutes w/adult)	1:00-1:45 (Cheryl)	9:45-10:30 (Brooke)			10:15 -11:00 (Cheryl)	9:00 - 9:45 (Morgaine)
Cabooes 3 1/2 - 5 yrs old (45 Minutes)	1:50-2:35 (Cheryl)	10:45-11:30 (Brooke) 1:30-2:15 (Brooke)	5:15-6:00 (Morgaine)		9:30 - 10:15 (Cheryl)	9:50-10:35 (Morgaine)
Freight Cars 5 - 6 yrs old (60 minutes)	5:00-6:00 (Morgaine)		3:45-4:45 (Morgaine)	4:00 - 5:00 (Jordan)		8:45-9:45 (Jordan) 9:45-10:45 (Jordan)

NEGX - 2016-2017 Regular Gymnastics Schedule						
CLASS	MONDAY	TUESDAY	WED.	THURS.	FRIDAY	SAT.
Girls Beg./Adv. Beginner 6 – 10 yrs old (1 ¼ hours)	5:45-7:00 (Samantha)	4:00 -5:15 (Samantha)	3:45-5:00 (Azia) 5:15-6:30 (Azia)	4:00-5:15 (Samantha)		8:45-10:00 (Azia)
Adv. Beginner/High School 10 yrs & up (1 ¼ hours)				5:15-6:30 (Jeff)		9:45-11:00 (Samantha)
Boys Gymnastics 6-10 yrs old (1 ¼ hours)				4:00-5:15 (Jeff)		8:45-10:00 (coed) (Azia)

COST OF CLASSES		
TYPE OF CLASS	TERM 1 & 2	TERM 3
45 MINUTE CLASS	\$265 each term	\$141
HOURLY CLASS	\$303 each term	\$161
1 1/4 HOUR CLASS	\$343 each term	\$183

NEW ENGLAND GYMNASTICS EXPRESS 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 "PC" / "C" _____; 1 HR "FC" CLASS _____; ¼ GYMNASTIC 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.

PERIODICALLY, WE WILL BE TAKING PICTURES TO BE PUBLISHED ON OUR WEBSITE AND/OR PRINT MEDIA

____ NO, I DO NOT WANT ANY PICTURES TAKEN OF MY CHILD.

PARENT OR LEGAL GUARDIAN'S SIGNATURE DATE

OFFICE USE ONLY

DATE RECEIVED _____ BY _____ PAID _____ REGISTERED _____ BY _____
PMT TYPE _____ OWE _____ EMAIL CONFIRMATION _____