

# New England Gymnastics Express Fall 2017 Brochure

**TERM I (FALL)–Sept. 6<sup>th</sup>- Dec. 19<sup>th</sup>**

**TERM II (WINTER) - Jan. 2<sup>nd</sup>- April 9<sup>th</sup>**

**TERM III (SPRING) - April 16<sup>th</sup> - June 16<sup>th</sup>**

## **Important Dates**

### **Closed**

**Thanksgiving Break Nov. 21<sup>st</sup>-25<sup>th</sup>**

**Christmas Break Dec. 20<sup>th</sup> – Jan. 1<sup>st</sup>**

**Memorial Day - May 28<sup>th</sup>**

**WE ARE OPEN ALL OTHER HOLIDAYS**

**Balance for Fall Installment payments**

**Due Oct 16**

**Visit [gymnasticsexpress.org](http://gymnasticsexpress.org) for news about our upcoming camps and events!!!**

## **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 over 30 years, ten of them at our sister gym, NEGX. She 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.

## **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.

## **Papoose Cabooes (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.

## **Cabooes (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.

## **Freight Cars (5-6 yrs.) 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 beginning gymnast through the high school gymnast (Ages 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 (Glastonbury Location)**

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!

## **BIRTHDAY PARTIES (Glastonbury location – Gymnastics Express Too)**

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 located at 248 Eastern Blvd in Glastonbury. Gym time followed by 45 minutes in one of our dedicated party rooms. Call the office @ 860.659.2200 or email [usatneg@att.net](mailto:usatneg@att.net) for more information.

## FEES

---

### PAYMENT PLAN

Full payment for the session is due with your registration. You may elect to make 2 payments – 1<sup>st</sup> payment of at least ½ of the tuition fee plus non-refundable registration (\$25) and installment (\$25) fees at enrollment. The 2<sup>nd</sup> payment is due by Oct. 16, 2017. (Cash, Check, VISA, or MASTERCARD). Checks made payable to GET. We can only confirm your registration with payment at enrollment.

### REGISTRATION FEE

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

## POLICIES

---

### REFUND POLICY

All refund requests must be submitted in writing no later than 24 hours prior to your child's first class of the term. Once your child has begun the term, full payment for the term is required (including split payment customers).

If your child has started a term and will not be able to attend the balance of the term, you may submit a written request along with the documentation on letterhead for review to receive a credit for another term or service.

Preschool – 1st time students (never attended class in Newington or Glastonbury) may request a refund in writing prior to the 3rd class of the term.

All refunds/credits will be reduced by the number of classes attended and non-refundable fees.

Events – All event sales are final.

Contact info - Email refund/credit requests to [negx@att.net](mailto:negx@att.net) – please reference “Refund request” and the family last name in the subject line.

### MAKE-UP POLICY

Students are allowed one (1) make up. All make-ups must be completed during the session the absence occurred. Please call the office in advance to schedule a make-up date. We remain committed to accommodating make ups when absences occur. Please keep in mind that we can only guarantee you the classes in which your gymnast is enrolled and any classes we cancel. Make ups for absences are dependent upon class size, the number of make ups already scheduled in a class, and the flexibility of your schedule.

## SNOW CLOSINGS

In case of inclement weather, please check our website for cancellations before coming to class, or check [www.wfsb.com](http://www.wfsb.com) (Channel 3) under businesses. **ALL SNOW CLOSINGS MAY BE MADE UP.**

## 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.

## DISCOUNTS

### **Full Year Discount (Terms I, II, III)**

Students signing up for all 3 terms at Fall registration will receive a 5% discount – Family discount will not apply.

### **Family**

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

## COMPETITIVE TEAMS

---

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.

## XCEL PROGRAM

Xcel is an alternative to the Junior Olympic (JO) program offered through USA Gymnastics. If your gymnast wants more than just a recreational program, wants to learn more skills, and wants to compete with less of a commitment, this team is the way to go! This program offers individual flexibility for coaches and gymnasts. Gymnasts compete based on their ability and commitment level yet have a rewarding gymnastics experience. They will typically practice 5 hours a week. Tuition is billed monthly fee from September through June.

## COMPETITIVE PRE-TEAM

Gymnasts in this select group will be working Levels 1 – 3 of the USA Gymnastics system. They will train two days a week. The objective is to enable pre-teamers to join our competitive team as a Level 3.

## NEGX Fall 2017 Class Schedule

CLASS	MONDAY	TUESDAY	WED.	THURS.	FRIDAY	SAT.
<b>Papoose Cabooes</b> 2 - 3 1/2 yrs old (45 minutes w/adult )					10:15 -11:00	9:00 - 9:45
<b>Cabooes</b> 3 1/2 - 5 yrs old (45 Minutes)	4:00-4:45	11:45-12:30	5:15-6:00		9:30 - 10:15	9:50-10:35
<b>Freight Cars</b> 5 - 6 yrs old (60 minutes)	4:45-5:45	10:45-11:45	5:00-6:00	4:00 - 5:00		8:45-9:45 9:45-10:45
<b>Girls Beg./Adv. Beginner</b> 6 – 10 yrs old (1 ¼ hours)	5:45-7:00	4:45 -6:00	3:45-5:00 6:00-7:15	4:45-6:00		8:45-10:00 coed
<b>Adv. Beginner/High School</b> 10 yrs & up (1 ¼ hours)				5:15-6:30		10:00-11:15
<b>Boys Gymnastics</b> 6-10 yrs old (1 ¼ hours)						8:45-10:00

### 2017 Class Tuition Fees

<i>Class Duration</i>	<i>TERM 1 &amp; 2</i>	<i>TERM 3</i>
<i>45 MINUTE CLASS</i>	<i>\$273 per term</i>	<i>\$163</i>
<i>1 HOUR CLASS</i>	<i>\$312 per term</i>	<i>\$187</i>
<i>1 ¼ HOUR CLASS</i>	<i>\$353 per term</i>	<i>\$212</i>

# NEGX FALL 2017 REGISTRATION FORM

**HAVE YOU TAKEN GYMNASTICS CLASSES BEFORE?**  YES  NO  
**WHERE?** \_\_\_\_\_ **Level Attained/Skills** \_\_\_\_\_  
**How did you hear about us?** \_\_\_\_\_ **Team Sibling Y/N** \_\_\_\_\_

**1. STUDENT NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_ **Gender M/F**  
**Class Code** \_\_\_\_\_ **CLASS DAY/TIME** \_\_\_\_\_ **2<sup>ND</sup> CHOICE DAY/TIME** \_\_\_\_\_

**2. STUDENT NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_ **Gender M/F**  
**Class Code** \_\_\_\_\_ **CLASS DAY/TIME** \_\_\_\_\_ **2<sup>ND</sup> CHOICE DAY/TIME** \_\_\_\_\_

**3. STUDENT NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **D.O.B.** \_\_\_\_\_ **Gender M/F**  
**Class Code** \_\_\_\_\_ **CLASS DAY/TIME** \_\_\_\_\_ **2<sup>ND</sup> CHOICE DAY/TIME** \_\_\_\_\_

**Parent Name(s)** \_\_\_\_\_ **Home Phone** \_\_\_\_\_ **Cell** \_\_\_\_\_

**Address** \_\_\_\_\_ **Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Email** \_\_\_\_\_

**Emergency Contact Name & Phone** \_\_\_\_\_

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

Office use only

Duration	Fee	10%Disc	20%Disc	10%AMT	20%AMT	Class Name/Code
45min	273	27.30	48.60	245.70	218.40	Papoose Caboozes (PC) Caboozes (CB)
1 hr.	312	31.20	62.40	280.80	249.60	Freight Cars (FC)
1 ¼ hrs.	353	35.30	70.60	317.70	282.40	Girls I (GE) High Sch./Adv (HS) Boys Exp. (BE) Coed Express (CE)

**Class Fees** \_\_\_\_\_ **Registration Fee** \_\_\_\_\_ **Installment payment fee** \_\_\_\_\_ **Discount (-)** \_\_\_\_\_

**Total** \_\_\_\_\_

(INCLUDE \$25 REGISTRATION FEE FOR EACH CHILD - \$60 MAX/FAMILY / INSTALLMENT FEE \$25)

**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.  I have reviewed and understand the refund/makeup policies

Sign \_\_\_\_\_ Date \_\_\_\_\_ (Valid 9/1/17-8/31/18)

**PARENT OR LEGAL GUARDIAN'S SIGNATURE/ DATE \*Waiver ONLY covers gymnasts named on this form\***

**OFFICE USE ONLY**

ORIG AMT	PMT AMT	AMT DUE	Cash/Ck#/CC last 4 digits	REC'D BY	PMT DATE	Notes

**DO NOT EMAIL OR MAIL CREDIT CARD INFORMATION – CONTACT US BY PHONE OR VISIT US IN PERSON TO PAY BY CREDIT CARD**