

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 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.

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. Call the office in advance to schedule a make-up date. We may not be able to accommodate walk-ins due to class ratios.

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.

Papoose Cabooes (2 – 3 ½ yrs. old) 45 mins

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

Cabooes (3 ½ - 5 yrs. old) 45 mins

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.

Freight Cars (5 – 6 yrs. old) 1 hour

The child participates in a special 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 Express 1 ¼ hour

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.

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.

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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 860-953-0101.**

A \$25 NON-REFUNDABLE ANNUAL REGISTRATION FEE IS CHARGED PER CHILD. MAXIMUM FEE \$60/FAMILY. (REGISTRATION VALID SEPT 1 – AUG 30)

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

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.

Birthday Parties Glastonbury Location

(#860-659-2200)

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.

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**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.

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NEGX 2017 Winter Term Class Schedule Jan.2nd-April 8th						
CLASS	MONDAY	TUESDAY	WED.	THURS.	FRIDAY	SAT.
Papoose Cabooes 2 - 3 1/2 yrs old (45 minutes w/adult)	1:00-1:45	9:45-10:30			10:15 -11:00	9:00 - 9:45
Cabooes 3 1/2 - 5 yrs old (45 Minutes)	1:50-2:35	11:45-12:30	5:15-6:00		9:30 - 10:15	9:50-10:35
Freight Cars 5 - 6 yrs old (60 minutes)	5:00-6:00	10:45-11:45	3:45-4:45	4:00 - 5:00		8:45-9:45 9:45-10:45

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

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

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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 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.

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 (Valid through Aug. 31, 2017)

OFFICE USE ONLY
DATE RECEIVED _____ BY _____ PAID _____ REGISTERED _____ BY _____
PMT TYPE _____ OWE _____ EMAIL CONFIRMATION _____