

# Welcome to I-Power Gymnastics!

Welcome to I-Power School of Gymnastics! We hope to serve your family for years to come and be your source for kid physical fitness and fun! We believe that gymnastics is the greatest sport in the world. This letter is to orient you with our program and to answer some commonly asked questions.

## Sessions

The recreational classes are divided into 10 week sessions throughout the year. As long as you continue to pay for your spot, you may keep that spot. Children may enter any class with available space at any point throughout the year. *If your child enrolls mid-session, we will pro-rate for any missed classes.*

## Family Membership

These membership cards are available for any of our program participants. The membership is \$55.00 and runs for a full year beginning September 1st! If the membership card is purchased after September, the price is pro-rated. Benefits of having a family membership include: \*\$10.00 off pre-paid/pre-registered sessions and/or special events, \$10.00 off one Birthday Party and 5 Open Gym sessions to be attended at anytime during the year of membership.

*Membership Card is valued at \$85.00!*

(\*\$10.00 off the first child and \$5.00 off each additional child)

## Annual Fee

This fee covers the cost of our secondary liability insurance on our class participants. All participants are required to have an insurance policy to enroll in classes, but we still carry a secondary coverage. This fee is \$25.00 and must be paid once each year. The fee is due at registration and is non-refundable.

## Priority Registration

You must inform our receptionist and pay during the Priority Registration Weeks of (Week 8 and 9) to guarantee your spot in your class for the next session and benefit from the discount of your program **Family Membership**. If full payment is not received by the end of Priority Registration Week, we will assume you are not returning.

## Refunds or Credits

No refunds or credits will be given for classes not attended. Missed classes are not prorated (with the exception of injuries and extreme circumstances). Extreme circumstances must be cleared with I-Power School of Gymnastics owners first.

**If you attend the first class of a session, you will be expected to pay for the entire session.**

## Class Cancellation Policy

Classes are based on a minimum of 3 students and are subject to cancellation if we do not reach our minimum.

## Holiday Make-up Policy

I-Power SOG will be closed for all major holidays. Holidays include: Labor Day, Thanksgiving, Christmas, New Years Eve/Day, Easter, Memorial Day and Independence Day. For holidays that occur on your scheduled class day, School-age and Preschool students will receive a scheduled make-up day from their instructor. If this day conflicts with your schedule we will try our best to get you a make-up or you are free to have a free open gym pass.

## Class Attire

**Gymnastic leotards are requested for girls**, but other clothing is permitted. The clothing needs to be comfortable, non-restrictive and form fitting. Please **NO Jeans**, zippers, or fasteners (buttons & snaps) around the waist. Large loose clothing and long drawstrings pose safety hazards. Shorts are allowed, but **NO LONG PANTS**. **Please remove all jewelry before gymnastics.**

Hair needs to be pulled back into pigtails or braids if possible. One pony tail in the back can hurt when your child is doing rolls, but it is better to have it up than not at all. If your child's hair is short please clip back any pieces that would fall in front of their face.

## Inclement Weather

In cases of bad weather, we follow the Unit 4 school district closing policy. If Unit 4 cancels school, our facility will be closed. For classes that are missed, a **class reschedule day or make-up pass** will be issued. If unsure, please call to check our voicemail system or Facebook page.

### **Parent Observation**

For Preschool aged children, we recommend that parents stay the entire lesson. For older children, (6 years and older) we find that they focus better when parents do not watch the entire lesson. We recommend 2 visits per session.

### **Class Promotion**

At the end of each session, every child will receive a skill report card. This report card will help track your child's progress in class. Once a participant has mastered 90% of the skills listed on their report card, they will be promoted to the next level. It is not common for students to master a level with just one session of that level. More often than not, students will spend up to a year at each level before they master the skills needed to move to the next level. **Students that attend gymnasts several times a week progress faster.**

### **Make-ups**

If you miss a class during a session, **there are no make-ups.** However, you may stop by the front desk to get an open gym pass for the class that you missed. All student Open Gyms are Saturday from 12:30-1:30pm year round.

### **Discounts**

Type	Savings	Details
Refer a Friend	Save \$10 off your next Payment	If you refer a friend to I-Power School of Gymnastics and they become a paying member of the school, you will receive a \$10 credit on your next payment. The friend you refer must be sure to mention on the enrollment form that they were referred by you for you to receive this credit.

### **Friday Fun Nights ("Parents Night Out")**

A special event held at the gym where kids can come enjoy gymnastics, playtime, games and pizza. Registration is required! Be on the lookout for these special days throughout the year. They include: Ultimate Fun Night at the end of our summer schedule, Bring a Friend Night during Quarter 2, Parent's Christmas Night Out and Parent's Valentines Night Out.

### **Xcel Team**

I-Power School of Gymnastics offers a competitive recreational team for students that are interested in competing, but may not have the availability or desire to train at the level of our competitive team. Students must master level 2 skills before being recommended to the Xcel Team.

### **Developmental Team and Competitive Team**

I-Power School of Gymnastics has a competitive team that competes in USA Gymnastics sanctioned meets for levels 4-10. Depending on their level, members of our competitive team train 9 – 20 hours each week. Athletes that comprise our competitive team are selected from our recreational program. Most members begin in a recreational class; get an invitation to our pre-team (developmental) then move up to the competitive team. Competitive Gymnastics is for kids that first have a great love for the sport, show above average athleticism, and have families that are willing to commit to the time it takes to attend practices and competitions.

If you feel that your child would be a good fit for the developmental team program and/or competitive gymnastics, please speak with our head team coach, Kevin Burnside and he will do an evaluation of your child's skills.

### **Spring Gymnastics Recital**

Each spring, we hold a gymnastics showcase for family and friends. This event showcases our students' skills, talents, and hard work. During 3<sup>rd</sup> quarter students will begin to learn routines for each event that they will perform during the recital. We encourage parents to enroll their child/children in gymnastics for a full school year, August – June, to be able to see the full benefit of the sport!

***"Gymnastics is a GREAT foundation for building coordination, flexibility, balance and athleticism!"***

***I-Power School of Gymnastics, Inc.***

215 S. Staley Road

Champaign, IL 61822

217-359-FLIP (3547)

[ipowergymnastics@yahoo.com](mailto:ipowergymnastics@yahoo.com)