



**Fall-Spring  
Schedule  
2008-09**

Phone: 736-5600  
Web: [Gymplus.org](http://Gymplus.org)

Gymnastics Plus  
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Merrillville, IN. 46410  
219-736-5600

**Fall-Spring  
2008-2009  
Classes Start  
Sept. 2ND**

## About Our Program.....

Gymnastics offers its participants not only the ability to become more physically fit than other sports, but the advantage of developing , social and organizational skills, sensory processing, postural control, bilateral integration and body awareness. All these things will enhance their academic progress. Please stop by for a free flyer on how gymnastics can help your child. Developing the best athlete is great, but developing a better person is best. We hope to see you soon.

Ed & Nancy Gibson  
Owners Gymnastics Plus

## About our Staff.....

Owners, Nancy & Ed Gibson have been teaching gymnastics since 1978. Both are very active in the running of our State. Nancy is a National judge and is a board member of the National Association of Women's Gymnastics Judges. She is also a former college gymnast. Ed has been the State Director for USA Gymnastics since 1992. He is also a former gymnast. Ed is also a new Real Estate Agent for Four Seasons Real Estate in Crown Point. Please feel free to give him a call with any of your home buying or selling needs. Most of our staff are former gymnasts, and all who are in charge of classes are adults. All of our adult staff are USA Gymnastics safety certified, and are professional members of USA Gymnastics. Check out our Web site for Staff Bio's.

## About our Facility.....

Our facility offers a viewing area so you can watch each and every class. Because of our high level team program our recreational students have the advantage of working out on state of the art equipment, including our 10'X 32' in-ground foam pit. We have 8400 sq./ft. of work out area.

### NEW TO THE GYM!

SAMANTHA BIESZCZAK WILL BE OFFERING THERAPUTIC/ATHLETIC MASSAGE FOR BOTH ADULTS AND CHILDREN. MORE INFO AT THE FRONT DESK.

## CLASS TIMES

<b>Preschool 2 &amp; 3 yr olds</b>	<b>Preschool 4-Kindergarten</b>	<b>School Age Girls Gymnastics</b>	<b>Tumbling Classes</b>
<u>Tuesday</u> 2 yr olds 10:30-11:10	<u>Monday</u> 4-Kind. 4:10-5:00	<u>Monday</u> 4:15-5:15	<u>Monday</u> 5:00-5:50 Flip Flop Class
<u>Tuesday</u> 3 yr olds 11:30-12:10	<u>Tuesday</u> 4-Kind. 1:00-1:50	<u>Monday</u> 5:20-6:20	<u>Wednesday</u> 5:10-6:00 Flip Flop Class
<u>Wednesday</u> 3 yr olds 10:30-11:10	<u>Wednesday</u> 4-Kind. 9:30-10:20	<u>Tuesday</u> 4:45-5:45	<u>Wednesday</u> 6:05-7:00 Advanced
<u>Thursday</u> 3 yr olds 4:00-4:40	<u>Wednesday</u> 4-Kind. 4:10-4:50	<u>Thursday</u> 4:50-5:50	<u>Friday</u> 4:10-5:00 Flip Flop Class
<u>Friday</u> 3 yr olds 5:10-5:50	<u>Thursday</u> 4-Kind. 10:30-11:20	<u>Friday</u> 6:40-7:40	<u>Sunday</u> 1:10-2:00 Flip Flop Class
<u>Saturday</u> 3 yr olds 10:00-10:40	<u>Thursday</u> 4-Kind. 1:00-1:50	<u>Saturday</u> 9:00-10:00	<u>Sunday</u> 2:05-2:55 Flip Flop Class
	<u>Thursday</u> 4-Kind. 4:00-4:50	<b>Fitness Boys &amp; Girls</b>	
	<u>Friday</u> 4-Kind 10:30-11:20	<u>Tuesday</u> 4:00-4:50	
	<u>Friday</u> 4-Kind. 12:30-1:20		
	<u>Friday</u> 4-Kind. 6:40-7:30		
	<u>Saturday</u> 4-Kind 9:00-9:50		

## TUITION SCHEDULE

Class	8 weeks	Class
2 & 3 yr. olds	\$92	40 min.
4—Kindergarten	\$98	50 min.
School age Girls	\$114	60 min.
Advanced Tumbling	\$108	55 min.
Fitness Class	\$ 90	50 min.
Back Handspring Class	\$98	50 min.
Individual/Family Registration	\$25	Yearly fee

## Tuition Policy

Classes must be paid in full before the first class. On the 6th week of the session, an envelope will be given to the students for payment of the next session. Envelopes need to be returned on the 7th week of class. This allows us the knowledge of who will be returning, so we can go to our waiting list. Those returning the envelopes on the 8th week or after will be charged a \$10.00 late fee. We will fill your class spot during the 8th week. We will not assume that you will be returning to the next session. Not all sessions will be 8 weeks due to holidays or other functions. The amount of weeks for session will be printed on the envelopes. More than 1 child in the program and you receive 10% off your tuition fee. Return check fee is \$25.00.

## Gym Policies.....

1. **No Food or Gum in the Gym Area**
2. **Report ALL accidents to an instructor**
3. **Behavior problems may result in dismissal from class.**
4. **Respect for classmates, instructors, and facility are expected at ALL times.**

## GYM POLICIES

### TUITION

Tuition is to be paid in full before the first day of class.

### ANNUAL FAMILY REGISTRATION FEE

This fee is due upon initial registration and on your anniversary date of enrolling in the program. This fee is non-refundable.  
Individual/Family - \$25.00

### CLASS OBSERVATIONS

We ask that only those taking class enter the gym area. Parents and guests are welcome to watch in the viewing area. We do ask that if you are bringing in other children that *they remain with you in the viewing area at all times.*

### ARRIVALS AND DEPARTURES

Please have your child arrive no later than 5 minutes before class and no earlier than 15 minutes. For your child's safety, we ask that you come in with them when dropping them off and picking them up. Please do not bring any valuables to the gym and leave them in the locker room.

**We will not be responsible for any lost or stolen items.**

### GYMNASTICS ATTIRE

**Girls:** Leotard-no tights; shorts may be worn over the leotard. If you feel it necessary for them to wear something on their legs please purchase the tights that do not have the feet in them. Hair should be neatly secured away from their face, please no hair clips. **Boys:** Shorts and T-shirt or warm-up suit.

### WITHDRAWAL

If you must withdraw during a session, please notify us. No refunds are given. If after the first class you are dissatisfied with the program we will refund your entire tuition.

### MISSED CLASSES

For a missed class due to an illness you will receive 1 open gym pass during each 8 week session. You must call in and let us know that your child is sick and will not be attending in order to get the open gym pass. We DO NOT schedule make up classes.

# Gymnastics Program

Our recreational gymnastics program follows the USA Gymnastics Compulsory program. Levels 1 & 2 prepare student with basic skills to either go on to our competitive program or use the strength and body awareness that gymnastics gives the students in other sports. There is no other sport that challenges the mind and body like gymnastics. Every child will move at a different pace and should look at their achievements as an individual competing against themselves.

## PRESCHOOL GYMNASTICS

What we want to achieve with the preschool program is for the children to understand how to sequence and develop an interest for the sport. Classes run 40 minutes for 2 yr olds (Parent/child) and 3 yr. olds and 50 minutes for 4 years-Kindergarten.

## SCHOOL AGE GIRLS GYMNASTICS

8 to 1 student/teacher ratio. Classes are 60 minutes long and run once a week. Most of our classes are multi level, where the girls are put into groups on the first day of class. If you would like to see your daughter doing more we recommend that you inquire about our Level 3 Team.

## TUMBLING CLASSES— BOYS & GIRLS

These classes are based primarily on the skills needed for cheerleading. We recommend that if your daughter is younger than 10 yrs that you enroll in a gymnastics class so she can gain the necessary strength to be able to do a back handspring (flip flop). Participants should be able to hold a handstand, do a cartwheel and a backbend.

## FITNESS CLASSES— BOYS & GIRLS 6-12 yrs.

This class is designed for Girls and Boys and will enhance their experience in all sports. Strength, Flexibility, Cardio and Nutrition are covered. Tyson Chicken and USA gymnastics sponsors and implements this program. The goal is to enable the children to be better prepared for any sport they choose.

We again will be offering....

## BIRTHDAY PARTIES AND PARENTS NIGHT OUT

at the gym. Please contact us for more information.

## COMPETITIVE GYMNASTICS TEAMS

We run Levels 3-10 in the USA Gymnastics program. The teams are on an invitation basis only. The girls compete here in Indiana as well as across the country.

We have at this time 14 girls who have gone on to college with a scholarship in gymnastics. We have also at this time brought more than 30 girls thru their senior year. We have found the discipline and challenge that gymnastics offers has helped the girls with other areas of their life. Most of the girls even with a full schedule are tops in their class.

For more information on times and fees please contact us.

## OPEN GYM

This time is supervised but it is not a structured class. Staff will be available to help kids with their skills. Cost is \$5.00. Non-members must fill out a registration beforehand. Open Gym Yearly Registration is \$10 for those who are not enrolled in a class or have a family member in class.

<b>School Age Open Gym</b> Friday 7:45-8:45 pm Sunday 12:00-1:00 \$5.00	<b>Cheer, HS Open Gym</b> M,W 9:00-10:00 Sun 12:00-1:00 \$5.00	<b>Preschool Open Gym</b> Friday 11:30-12:20 \$5.00 / child Must be accompanied by an adult.
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# 2008-09 CALENDAR

**Session #1** Sept 2-Oct 26 (Monday classes are 7 weeks)

**Session #2** Oct 27-Dec 20

No Classes Oct. 31, Nov.27,28

WINTER BREAK Dec 21-Jan 4 NO CLASSES

**Session #3** Jan 5-Mar.1

**Session #4** Mar.2-May 3

SPRING BREAK MAR. 23-29 NO CLASSES

**Session #5** May 4 —June 6

No class May 25

YEAR END SHOW JUNE 7