

Healthy Body
Healthy Mind



Rochester Turners Gymnastics

ROCHESTER TURNERS

Gymnastics Club

SEPT. 1, 2007



Information Booklet

338 Pennsylvania Avenue
Rochester, PA 15074-1961
724-774-7877

www.rochesterturners.com

ROCHESTER TURNER GYMNASTICS CLUB

Rochester Turners Gymnastics Club offers a variety of classes to meet your child's needs and ability level. We have classes for pre-school as well as team practices for the advanced competitive gymnast.

The type of class for your child is determined by age, experience and ability. Class mobility is based upon individual progressions. Staff members will place your child into the class that is best suited.

WHAT GYMNASTICS WILL DO FOR YOUR CHILD

Gymnastics is the foundation for all sports. Your child will learn coordination, flexibility, balance, self confidence and self discipline. Gymnastics creates strong minds and strong bodies, all of which will enable your child to do well in other sports.

VISITORS

Parents are welcome to come to class and observe their children. We ask that you sit upstairs to watch your child/children. However, siblings are not allowed to play on or around the gymnastics area equipment. The safety of your children is our main concern.

RULES AND REGULATIONS



1. **NO SHOES** on the spring floor.
2. **NO ONE** is to be on the gym floor except the instructors and the students.
3. **NO ONE** is permitted on equipment before or after class.
4. **NO CHEWING GUM !!!**
5. **NO JEWELRY** - Please leave all valuables at home.
6. **NO FOOD OR DRINK ON THE FLOOR.**
DRESS CODE - GIRLS: Leotards. Tights are not necessary but can be worn for comfort and warmth. Full footed tights often provide unsure footing, therefore, we prefer your child not to wear the. **NO NYLONS.** Cotton socks permitted.
7. **NO ZIPPERS.**
8. **LONG HAIR** must be pulled back away from face.
9. **BAD WEATHER** - Please call the gym at 774-7877 in case of class cancellation.
10. **PARENTS** are encouraged to watch class activities. We do, however, stress that you stay in the waiting area provided upstairs. Parents are not allowed on the floor area.
11. **STUDENTS** are not permitted on the equipment unless an instructor is with you or directing you.
12. **BULLETIN BOARD** - Please check the bulletin board, located in the entrance way, for announcements or changes.
13. **PLEASE WATCH YOUR CHILDREN** in the waiting area upstairs and help keep it clean.
14. **SET AN EXAMPLE FOR EVERYONE.**

TAKE PRIDE IN THE APPEARANCE OF YOUR GYM AND HELP KEEP IT CLEAN. THANK YOU.

REGULAR CLASSES

Pre-School: This class is offered for 4 & 5 year olds. At this level, students will learn the basic skills needed for advancing to a higher level. Coordination, rolls, jumps, tumbling, flexibility, etc. will be taught.

Beginner: Students work on floor exercise, balance beam, uneven bars, vault. Basic skills such as forward rolls and cartwheels are taught. Ages - 6 and up.

Intermediate: At this level, students work on every apparatus and learn skills such as one arm cartwheels, back extensions, walkovers, etc.

Advanced: In this class, students learn skills on four basic events: floor, vault, balance beam and uneven bars. The skills taught in this class are front and back handsprings, aerials, etc. This class is for the advanced student.

Pre-Team: Preparatory class for Team. Students will also have the opportunity to compete in USAG Level 4 meets.

Team Competition: Girls have the opportunity to compete in both high school competition and USAG compulsory and optional meets through level 10.

Cheerleading: In this class, students learn fundamental skills, cheers, partner stunts, jumps, and Russians. Cheerleading squads are welcome.

Tumbling for Cheering: Special classes can be scheduled for tumbling. Check with the coaches or in the office for additional details.

REGISTRATION

A health waiver form and 1/3 of the class fee must accompany all class registrations. Payments may be made monthly, payable at the beginning of each month. If becoming a new member of the Turners' Association, a \$10 membership fee is required annually and a membership form must be completed. This membership fee MUST be paid for any student who will be competing. For more information, call 724-774-7877 or visit our Website at www.rochesterturners.com. Payments must be made by the beginning of the month, unless other arrangements have been made, or your child will not be able to participate.

TUITION

Tuition is based on 15 classes per session. There are 2 sessions in one year. Summer classes are not in a sessions, they run monthly. All payments are to be placed in the payment box in the hallway with your child's name and class written on the envelope. Checks can be made payable to Rochester Turners.

DISCOUNTS FOR MORE THAN 1 CHILD OR CHILD TAKING MORE THAN 1 CLASS

Second child or class - 10% of highest class
Third child or class - 15% of highest class
Fourth child - FREE

CANCELLATIONS

If classes are canceled due to inclement weather, a message will be given on the answering machine and an announcement will be made on WBVP radio.

WEEKLY CLASS SCHEDULE

FEE SCHEDULE as of September 1, 2007

Monday	5:00-6:00	Beginners
	6:00-8:30	Youth Team
	6:30-9:00	Senior Team
Tuesday	4:00-5:00	Intermediate
	5:00-6:00	Beginners
	6:00-7:00	Intermediate
Wednesday	7:00-8:30	Pre-Team
	5:00-6:00	Intermediate 2
	6:00-8:30	Youth Team
Thursday	6:30-9:00	Senior Team
	5:00-6:00	Pre-School
	6:00-7:30	Advanced
Friday	7:30-9:00	Beam
	4:00-5:00	Pre-School
	5:00-7:00	Pre-Team
Saturday	9:00-10:00	Youth/Beg Tumbling
	10:00-11:00	Mixed (Beg/Intermed)
	11:00-12:00	Adv Tumbling
	12:00-2:30	Team
	1:30-3:00	Compulsory

CLASS CLOSINGS

Labor Day	Mon., Sept. 3, 2007
Halloween	Wed., Oct. 31 2007
Thanksgiving	Thurs., Nov. 22, 2006
Christmas - New Years	Sun., Dec. 16, 2006 thru Tues., Jan. 1, 2007
Good Friday	Fri., Mar. 21, 2007
Easter	Sun., Mar 23, 2007

Pre-School (1 hour/week for 15 weeks)	\$99 Member \$135 Non member
Beginner (1 hour/week for 15 weeks)	\$99 Member \$135 Non member
Intermediate (1 hr/week for 15 weeks)	\$99 Member \$135 Non member
Advanced (1½ hour/week for 15 weeks)	\$110 Member \$145 Non member
Cheerleading (6 week session) (starts in January)	\$70 Member \$100 Non member
Tumbling (1 hour/week) 15 weeks	\$99 Member 135 Non member
PreTeam (4 hours/week)	\$55/Month
Team	\$75/Month
Compulsory Team	Add \$10/month
Private Lesson - \$30/hour	
Cheerleading - Gym rental for cheering squads - \$3.00 per cheerleader. Minimum payment is \$30.00 for 2 hours.	

MAKE-UPS

All classes, except gym team and pre-team will be allowed 2 make-up classes. Please call the gym or see one of the coaching staff to schedule your make-up class

CLASS RATIOS

Rochester Turners will try to maintain a class ration of 8 to 1 for all classes.

SUMMER CLASSES

Summer classes will be offered.