

## Gymnastics and Cheerleading Rah Rah Tumble and Fitness, LLC

### Gymnastics (2 Years Old – 5<sup>th</sup> Grade)

Basic tumbling and hand-eye coordination using music and props such as ropes, hoops, balls, and balance beam.

**Weekly classes – pay by the month. Classes meet once a week.**

**Returning Students – Registration is Monday and Tuesday of the last full week of the month**

**New Students – Register the Wednesday of the last full week of the month through the end of the month**

### Rates:

Members – 45 minute classes	\$45
Members – 60 minute classes	\$50
Non-members – 45 minute classes	\$65
Non-members – 60 minute classes	\$70

No refunds for missed classes

Late fee of \$10 if payment is received after the 10<sup>th</sup> of the month



### Instructor: Suzanne Shaffer (336) 508-1530

Suzanne was a gymnast for 13+ years and participated at the competitive level for several years. She was a cheerleader for 9 years and cheered at the collegiate level. She has coached JV Cheerleading at Western Guilford High School and has taught pre-school through advanced tumbling as well as cheerleading. She has a love for children and takes pride in knowing that she has made a difference in the lives of many children. Suzanne completed her BS degree in Human Development and Family Studies at UNCG in 2002. She has taught Pre-K for 6 years and Kindergarten for 1 year.

### Class Schedule:

Day	Age or Grade	Type of Class	Time	Class Length	Location
Monday	2 Year Olds	Gymnastics	3:00 – 3:45	45 minutes	Yoga Studio
Monday	K – 1 <sup>st</sup> Grade	Gymnastics	4:00 – 5:00	60 minutes	Yoga Studio
*Tuesday	2 <sup>nd</sup> – 3 <sup>rd</sup> Grade	Gymnastics	3:00 – 4:00	60 minutes	Group Exercise Studio
Tuesday	4 <sup>th</sup> – 5 <sup>th</sup> Grade	Gymnastics	4:00 – 5:00	60 minutes	Group Exercise Studio
Wednesday	3-4 Year Olds	Gymnastics	3:00 – 3:45	45 minutes	Yoga Studio
Wednesday	2 <sup>nd</sup> – 3 <sup>rd</sup> Grade	Gymnastics	4:00 – 5:00	60 minutes	Yoga Studio
Thursday	K – 1 <sup>st</sup> Grade	Gymnastics	4:00 – 5:00	60 minutes	Yoga Studio
Thursday	6 <sup>th</sup> – 8 <sup>th</sup> Grade	Cheer/Gymnastics	5:00 – 6:00	60 minutes	Yoga Studio

### Private lessons:

Available upon request.

Members \$30 per hour

Nonmembers \$40 per hour

For Office Use: Program: **05WELGYM**

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Our goal is to turn no one away because of an inability to pay. Financial assistance is available through our Open Doors Scholarship program.



# Gymnastics Registration

YMCA of Greensboro

Full Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail Address \_\_\_\_\_

In an emergency please contact \_\_\_\_\_

### Class Enrolled

- |                                    |   |                  |             |
|------------------------------------|---|------------------|-------------|
| <input type="checkbox"/> Monday    | 2 Year Olds                             | Gymnastics       | 3:00 – 3:45 |
| <input type="checkbox"/> Monday    | K – 1 <sup>st</sup> Grade               | Gymnastics       | 4:00 – 5:00 |
| <input type="checkbox"/> Tuesday   | 2 <sup>nd</sup> – 3 <sup>rd</sup> Grade | Gymnastics       | 3:00 – 4:00 |
| <input type="checkbox"/> Tuesday   | 4 <sup>th</sup> – 5 <sup>th</sup> Grade | Gymnastics       | 4:00 – 5:00 |
| <input type="checkbox"/> Wednesday | 3-4 Year Olds                           | Gymnastics       | 3:00 – 3:45 |
| <input type="checkbox"/> Wednesday | 2 <sup>nd</sup> – 3 <sup>rd</sup> Grade | Gymnastics       | 4:00 – 5:00 |
| <input type="checkbox"/> Thursday  | K – 1 <sup>st</sup> Grade               | Gymnastics       | 4:00 – 5:00 |
| <input type="checkbox"/> Thursday  | 6 <sup>th</sup> – 8 <sup>th</sup> Grade | Cheer/Gymnastics | 5:00 – 6:00 |

## Rah Rah Tumble and Fitness, LLC

### Program Policies

- Full tuition is expected each month. Refunds or prorated payments are not permitted.
- For the safety of your child, proper attire is required. Comfortable clothing that they can move in – no jeans, no jewelry, hair pulled back, no shoes or socks required.
- Tuition is due at the first class of the month. A late fee of \$10 will be added to payments after the 10<sup>th</sup> of the month.
- If a class is cancelled due to weather or holiday a make-up class will be scheduled at the end of the month.

I have read and understand the payment procedures and policies and agree to act in accordance with all.

Parent signature: \_\_\_\_\_



# Gymnastics Waiver

Spears Family YMCA

## RELEASE AND WAIVER OF LEGAL LIABILITY

**THIS IS YOUR RELEASE AND WAIVER OF LIABILITY** (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately.

This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

- 1) **GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- 2) **ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.
- 3) **MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- 4) **INSURANCE:** YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.
- 5) **PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Applicant or Parent/Legal Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_