



## Parent Information Sheet

August 13, 2012

Welcome and thank you for choosing Truckee Gymnastics and My Playground as one of your child's activities this season! We believe that physical activity is critical to a healthy and enjoyable life. Young children learn best through fun and play. Older children and adults learn best through excellent instruction and successful mastery of physical movement. We want you and your child to experience your bodies as strong and capable. We are committed to your enjoyment, satisfaction and we value your feedback. Please let us know how we can better serve you and your child.

The following information sheet is designed to answer the most common questions and help you take advantage of all we have to offer. Please arrive 5 minutes prior to class in order to give you and your child time to settle in, remove shoes & socks and get ready for play or gymnastics!

### **PARENT-CHILD CLASSES – MY PLAYGROUND**

**First Moves (1y) Parent-Child class\*: 45-min class.** Your child will have opportunities to roll, run, jump, toss, catch, climb, spin, laugh, giggle, hide, seek, sing, pretend, walk, dance, tumble, tickle, bounce, kick, crawl, creep, slide and stretch! Unstructured and Structured Activities: We have several activity stations for your child to explore, including soft play equipment, large and small balls, scarves, a parachute, obstacle course, tunnels, a ball pit, bins to fill and empty and plenty of room to run with a great big mirror! Your child will have opportunities to participate in group activities like singing, running, dancing, and pretending as well as exploring the activity stations. You and your child will be able to choose what you want to do and for the most part, when you want to do it. Structure is introduced as part of listening, learning to share, learning to take turns and giving others space to play. The class is designed to be as stress-free as possible. You and your child set the pace for the amount of structure you want to incorporate. ***\*Parent or caregiver participation required. Please stay within a hugs-reach of your child at all times. Your child needs your constant guidance.***

**Little Leapers (2y) Parent-Child class\*: 45-min class.** In addition to the above, your child will be introduced to rings, trapeze, rock wall, climbing ladder, bar and our 40' long TumbTrak trampoline with plenty of opportunities to practice their newly acquired jumping skills! ***\*Parent or caregiver participation required. Please stay within a hugs-reach of your child at all times. Your child needs your constant guidance.***

**Doodlebugs (3-4y): 45-min class.** In addition to the above, your child will be introduced to basic gymnastics skills through an obstacle course that includes handstand, forward rolls, cartwheels, beam, safe landing position and rings. ***Parent or Caregiver participation is optional, dependent upon the needs of your child in Doodlebugs.***

### **GYMNASTICS – TRUCKEE GYMNASTICS**

**Beginning Gymnastics (5y Co-ed & Boys): 1-hour class.** Skills learned include hand stand, cartwheel, straddle hang, forward roll, backward roll, straddle jump, tuck jump, seat drop, tree fall, bridge, back walkover introduction, pull over, kick walk, bear walk and scale on knee and one foot.

**Level 1-2 (6+y Co-ed & Boys): 1-hour class.** Refine beginning skills, handstand walk, handstand forward roll, front limber, back bend walkover, round off – rebound, straight armed bwd. roll to pike, pullover, cast sole circle dismount.

**L1-3 GIRLS (Older 8+ Rec, Pre-Team): 1-hour class.** For older advanced-beginning girls. Recreational and pre-team fast-track class.

**Level 3 DEVO TEAM (GIRLS): 90-minute class.** Development Team. Refine Level 1-2 skills, dive rolls, sole circles, handstand half pirouette, back walk over, back extension roll, back hip circle, kip intro w/spot. Twice per week recommended for safety and skill progression. By invitation.

**Level 4-5 TEAM (GIRLS): 2-hour class.** Team. Refine Level 3-4 skills on four main events: vault, bars, beam, floor, plus flexibility and strength. Roundoff back handsprings, arials, tap-swings, kips, flyaways, handstand walk, back extension roll, handstand pirouettes, cast-handstand. Twice per week for safety and progression: Level 4 (recommended); Level 5 (mandatory). Goals include improved technique, refined skills and preparation for possible competitive team. By invitation.

**GYMNASTICS CLASSES PLEASE NOTE:**

- Parents may view class (parents do not participate in class).
- No socks, jewelry, jeans, or exposed buttons or zippers.
- Gymnastics students who miss warm-up (are late) will not be allowed to participate that class.

**New Enrollment:** Once you receive a class confirmation via email from Truckee Gymnastics and My Playground, your first month's (or Session's) Tuition is due along with your signed Authorization, Release and Waiver of Liability Agreement and Rules and Regulations sheet (a copy of each may be downloaded from our web site, [www.playgroundcentral.com](http://www.playgroundcentral.com), see 'Things you want to know' page). Your check, made payable to Truckee Gymnastics or My Playground (either is fine), plus these two forms must be received no later than one week after class confirmation or your first class day, whichever comes first. If we do not receive these items on time then we may fill your spot with someone else on our waiting list.

**Tuition - due dates:**

- First Moves, Little Leapers: \$16 per class paid monthly. Due your first class day of each calendar month for that month.
- Doodlebugs: \$17 per class paid monthly. Due your first class day of each calendar month for that month.
- Beginning Gymnastics: 1x per week \$22 per class; 2x per week \$18 per class, paid by session (7-10 week sessions). Due one week prior to the first day of session.
- Gymnastics Level 1-2 & 1-3 pre-team: 1x per week \$22 per class; 2x per week \$18 per class, paid by session (7-10 week sessions). Due one week prior to the first day of session.
- Gymnastics Level 3 DEVO TEAM: 1x per week \$29 per class; 2x per week (recommended) \$23 per class, paid by session (7-10 week sessions). Due one week prior to the first day of session.
- Gymnastics Level 4-5 TEAM: 1x per week \$31 per class; 2x per week (recommended L4, mandatory L5) \$25 per class, paid by session (7-10 week sessions). Due one week prior to the first day of session.
- Open Gym: \$20 in advance (pd. by TH), \$25 at the door; Currently enrolled students: \$10 in advance (pd. by TH), \$15 at the door,

Tuition payments: check to 'Truckee Gymnastics' or 'My Playground' (either is fine). Credit cards accepted (min. \$100 charge) please call 587-7404 with credit card info. Drop in after-hours mail slot to the right of entry door, the payment box in the waiting room, or mail to:

**Truckee Gymnastics - Deerfield Commerce Center**  
**11410 Deerfield Drive, Bldg. A-1**  
**Truckee, CA 96161**

Tuition is considered 'on time' if post-marked by the due date.

**Late Fees:** If tuition is received late, including just one day late and checks returned unpaid, you will be charged a \$10 late fee and may forfeit your spot in class to someone who is waiting to enroll. 100% of all late fees go into a scholarship fund for underserved children to attend My Playground and Truckee Gymnastics in the summer (thank you!). A \$20 fee will be charged for any check that is returned unpaid.

**Withdrawal:** Class size is limited and we have wait-lists. Please, you must give us **2-weeks notice** if your child will no longer attend class so that we may have the opportunity to contact another child who is waiting to join. Note: Make-up classes never expire as long as your child is fully enrolled in the program. Make-up classes expire only if enrollment ends.

**Siblings:** Siblings who are not enrolled in class are not allowed in class. It is not safe to have children at My Playground and Truckee Gymnastics who are unsupervised. Play equipment and activities are appropriate only for the published age of the class. Siblings must be supervised in waiting areas and remain off equipment.

**What to Wear:** Parent-child classes: You and/or your child should wear comfortable clothing that is easy to move around in and not restrictive, heavy or bulky. Avoid nylon as well as any clothing material that has a 'slick' surface since this can cause slipping and sliding on some equipment. No jewelry, jeans, cargo pants, exposed buttons or zippers. Socks are fine for adults in Parent-child classes but children should be barefoot for safety and to maximize their gross motor development.

Gymnastics Classes: leotard or shorts + t-shirt. Bare feet and legs please...no socks or tights. No jewelry. No shoes of any kind are allowed in the gym.

Hair: Pulled back off of face; secure ponytails close to the neck so you and your child may roll comfortably on floor.

Food: No food in gym. A drinking fountain is available. No gum anywhere.

Parking: Park in main lot only. No parking directly in front of the building; do not park in front of the roll-up doors. Big trucks deliver goods to our neighbors, they need access to these doors!

Illness: Please do not come if either you or your child is ill or injured. Stay home, find a substitute if you wish (we suggest you make arrangements with substitute-friends ahead of time which will help you at the last minute) and get well!

### **ABSENCES (MAKE-UPS & SUBS), CANCELLED CLASSES (HOLIDAYS, SNOW DAYS):**

Make-ups: Space permitting, you may also make-up a missed class any time. Make-up classes must be scheduled ahead of time with My Playground and Truckee Gymnastics to make sure there is sufficient room in class. Make-up classes never expire as long as your child is fully enrolled in the program. Make-up classes expire only if enrollment ends. Make-up classes are not transferrable to another child, including siblings.

Subs: You may give another child of appropriate age your spot temporarily on a day that you cannot attend class (a 'substitute'). That child's parent or caregiver must sign a liability waiver and Rules and Regulations sheet prior to attending class; they will not be allowed to participate without signing these documents. Please make your own arrangements for a substitute and then notify My Playground and Truckee Gymnastics at least 24 hours in advance of the class, either via phone or email, of the name of your substitute.

Holidays - Cancelled Classes: You will not be charged if classes are cancelled. Classes are always cancelled on these major holidays: New Years Day, Memorial Day, 4<sup>th</sup> of July, Labor Day, Thanksgiving and Christmas Day. NOTE: Minor holidays like President's Day and Columbus Day: Yes we DO hold classes on those days. Let us know if you have questions about a particular holiday. Weekly classes run from the end of August through mid-June. Except for Team, classes take a short summer break for gymnastics camps (ages 6+).

Snow: Even if schools have cancelled class due to snow, we will make every effort to have class on those days, just as most businesses do in Truckee. If you are wondering whether your class has been cancelled due to weather, please call 587-7404 and a recorded message will specifically say 'classes are cancelled'; otherwise we'll see you in class!

Location: Classes are held at the Deerfield Commerce Center in Truckee, California just west of McDonald's. **From Donner Pass Road & Highway 89 (Safeway and Mountain Hardware intersection):**

- Highway 89 south, toward Squaw Valley. Pass two roundabouts at the I-80 intersection.
- Turn right at light, onto Deerfield Drive.
- Past McDonald's, then the Car Wash.
- Third entrance on right, building right side of the parking lot.
- 11410 Deerfield Drive, Bldg. A-1.

Truckee Gymnastics & My Playground  
Deerfield Commerce Center  
11410 Deerfield Drive, Bldg. A-1  
Truckee, CA 96161  
(530) 587-7404

[laura@truckeegymnastics.com](mailto:laura@truckeegymnastics.com)

[www.truckeegymnastics.com](http://www.truckeegymnastics.com) and [www.playgroundcentral.com](http://www.playgroundcentral.com)

*Note: A public phone is not available onsite our phone is not answered during class time. If you need to provide a phone number to a sitter or anyone who needs to reach you, please use your cell phone.*

### **Free Email Newsletter:**

Sign up for our free email newsletter at [www.playgroundcentral.com](http://www.playgroundcentral.com) or [www.truckeegymnastics.com](http://www.truckeegymnastics.com)

**We look forward to seeing you and your child having fun at Truckee Gymnastics and My Playground!**