



GYMNASTICS PROGRAM

STUDENT/PARENT HANDBOOK

2021-2022

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Welcome Letter

Dear Parents and Students,

Thank you for choosing Bounce Gymnastics! We look forward to working together to provide a fun, safe, and educational gymnastics experience. Giving your child the opportunity to learn gymnastics is one of the best decisions a parent can make for their child. Gymnastics teaches many important life skills such as determination, courage, persistence, social skills, strength development, flexibility, coordination, self-confidence, work ethic, discipline- we could go on and on! This handbook provides comprehensive information so you know exactly what to expect when enrolling in gymnastics at Bounce. Looking forward to seeing you in the gym!

Best,

The Staff at Bounce Gymnastics

Mission Statement

Bounce Gymnastics exists to enhance the lives of children by offering a fun environment where each child can learn to play and move safely.

Vision

Our gymnastics programs are designed to provide high-quality gymnastics instruction in a safe, fun, and supportive environment. We believe that gymnastics can be an incredibly positive influence in a child's life and development. We utilize a whole-person approach to teaching: providing an environment where children feel safe and supported through a safe progression of skill-building. We teach rules and discipline and encourage our students to act with respect and kindness towards themselves, their peers, and their coaches.

Preparing for Gymnastics

Wardrobe: Children should wear a leotard or comfortable athletic clothing. Pants should fall above the ankle- pants that are too long can cause a child to trip or slip. Shirts should be tight-fitting or tucked in so they do not go overhead when the kids turn upside-down to do rolls or handstands. Children will participate barefoot as socks can be slippery on the equipment.

Hair: Hair that is longer than the ears must be neatly and securely tied back. No jewelry is to be worn.

Additional Items: Children should bring a water bottle into the gym and place it in their class' designated cubbie.

Restrooms: Please be sure your child uses the restroom before class. Restrooms are located outside and across the hall from the entrance of the gym. Our restrooms are a shared public facility, and parents should be advised that children who leave class to use the restroom may be using the facility at the same time as other patrons of the Stanley Marketplace who are not Bounce students or staff. Bounce staff are not able to help your child in the restroom. If your child needs help, please stay at the gym for the duration of your child's class.

First Class: Children should arrive 5-10 minutes early for class. Take the time to sit, talk, and help acclimate your child to the gym environment. Point out the teachers, let your child know that the teachers will be helping them to do their gymnastics. Point out the equipment, tell your child that when class starts they will use that equipment. If you plan to stay and watch, let your child know you will be in the designated watching area- and they will get to go inside the gym with the teachers and kids. Use a positive and affirmative tone to help your child feel confident going into the class!

Parent's Role: A parent's job is to provide encouragement and support for their gymnast. Talk to your child about their gymnastics class- what was the best part? What skills are you working on? Are there any skills you find particularly difficult? Which event is your favorite? Encourage your child to continue working on their skills and to communicate with coaches. Praise small victories!

Please make sure your child has eaten a healthy and nourishing meal before class. Athletic bodies run on healthy foods such as lean proteins (eggs, chicken, fish, some grass-fed meats,) nutrient-dense vegetables (broccoli, spinach, zucchini, lettuce) healthy fats (avocado, olive oil, coconut oil, nuts) and easily-digestible carbohydrates (white or sweet potatoes, white rice, whole fruits). Avoid or limit simple carbohydrates such as white bread, pasta, sugary cereals, and sugar/sweet snacks, especially before practices. Always bring a full bottle of water to practice.

Parents are not permitted inside the gym during class time. We welcome parents to stay and watch from the parent viewing area on the benches provided. Please be a discreet presence when watching your child- refrain from waving, coaching, or communicating with your child when they are in class- this is distracting for the child and coaches.

Age Cutoff

Our programs are designed to fit children into a class where they can learn and be successful based on their age and ability. For our Preschool program, the child must have already turned the minimum age for that class before their first day. For example, if a child wants to start the Preschool Age 3-4 class on October 1, they must have already turned 3 before October 1. The only exception to this rule for preschool is when enrolling for September gymnastics prior to September. Children may enroll for a class so long as they meet the minimum age by September 30. For example, a child who is 2 may enroll in a Preschool Age 3-4 class for September so long as they turn 3 by September 30.

Drop-Off/ Pick-Up Policy

Drop-Off-

Please check in at the tables in the east hallway of Stanley closest to the gym.

Temperature Checks at Check In: We will be taking a non-invasive temperature check, and students must sanitize hands before entering the gym. **Please do not come to class if your child is ill.** We will continue to work with the CDC and local health department, and will keep you updated if anything changes with their guidelines and recommendations.

Once checked in, your student can put their items in a cubby, and line up on their assigned “x” in the hallway until class begins.

If you parked using the Stanley valet service, please present us your ticket at check in for parking validation. Please allow ample time to find parking during peak hours as the parking lot fills up quickly.

Pick-Up-

It is important to us that each child in our gym safely connects with a parent or guardian at dismissal. Please be ready to greet your child after class in the larger vestibule of the Stanley Marketplace at the end of the Bounce hallway. Please do not ask your child to walk to meet you at another location at the Stanley Marketplace or to go outside to meet you in the car. Your student's teacher will walk the class to the end of the Bounce hallway, and ask each child to tell them that they see their parent/guardian before leaving. Once you have connected with your child, they will be dismissed. It would be helpful if you have already taken your child's personal

items from the cubbies and have them in-hand. Please avoid having your child put on their street clothes in the Bounce Hallway or directly in front of the cubbies. In the event a parent/guardian is not there at the time of dismissal, the child will be brought to sit with front desk staff in the Bounce hallway. Please notify Bounce if you will be late for pick-up or if there is an extenuating circumstance where you will not be able to adhere to this policy.

Sibling Policy

Only gymnasts who are enrolled in class may enter the gym. Parents and siblings are welcome to watch from the viewing area outside.

During Parent-Toddler classes, infants in a carrier/car seat may be brought inside the gym while a guardian is in the gym participating with their toddler in class. Please be prepared to step outside with your toddler and infant if you need to attend to either child for crying, or diaper changing. Changing tables are installed in both the men's and women's bathrooms across from the gym.

Older Siblings--We understand that there are situations where you might have to bring an older sibling to your Parent/Toddler class. As policy, they are not allowed to participate, but are welcome to sit in a designated spot inside the gym. Please bring quiet activities to keep them entertained during class.

Program Description

PRESCHOOL PROGRAM-

Smile big in our gymnastics preschool program designed for both boys and girls ranging from the ages of 18 months up to Kindergarten! Enjoy purposeful challenges and movements that will be sure to grow your child's brain.

Basecamp Tots: Ages 18 months to 3 years:

This 45 minute parent assisted class is the perfect starting place for your little to explore their new found love for movement! Your participation in class helps your child gain confidence, learn to listen, and develop independence all while learning the basic vocabulary and skills of gymnastics. All variations of participation are accepted and normal! Our coaches will honor and nurture your child's development and capabilities.

- Coach lead and parent assisted
- 45 minutes/week
- 8 parents/ children:1 coach

Hilltop Toddlers Age 3 & 4:

Get ready to jump, balance, and roll in this quick paced 45-minute preschool class. Class will introduce gymnastics skills and body positions promoting coordination, balance, strength and more! In addition to being fun, your child will learn important social skills like making friends, listening, independence, courage, and more.

- Independent/coach lead
- 45 minutes/week
- 6 children:1 coach

Treeline Tykes 4 & 5:

Gymnasts will participate in a structured quick paced 45-minute class filled with non-stop movement! In this gymnastics skill extravaganza, coaches will dive into more complex gymnastics shapes and vocabulary. In addition to non-stop smiling, your child will indulge in social skills like teamwork, problem solving, following and taking direction, and commitment.

- Independent/coach lead
- 45 minutes/week
- 8 children:1 coach

Summit Kinders: Ages 5 & 6:

Let's celebrate our Kindergarteners! Gymnasts will participate in a 45-minute, coach led class designed to introduce harder, more independent skills. Enjoy friendships, build strength, improve flexibility, and leap high in this stepping stone class towards our Beginner level 1 gymnastics class emphasizing bridges, forward rolls, introductory handstands (tick-tocks) and learning to cartwheel.

- Independent/coach lead
- 45 minutes/week
- 8 children: 1 coach

RECREATIONAL GYMNASTICS PROGRAM-

Our Recreational Gymnastics program is designed to safely progress students through fundamental gymnastics skills. We offer seven levels of gymnastics classes to fit a range of ages and abilities. Our classes are Beginner 1, Beginner 2, Beginner Tweens, Intermediate 1, Intermediate 2, Advanced 1, and Advanced 2.

Beginner 1- Ages 5-7: Beginner 1 is ideal for a child looking to try gymnastics for the first time, or a child who has had some preschool and Kinder gymnastics experience and is ready for the next step. Beginner 1 focuses on introducing basic gymnastics skills in a fun, safe class setting.

- Example Floor Skills: bridge, forward roll, introductory handstands (tick-tocks), cartwheel to feet.
- Example Balance Beam Skills: safely mounting and dismounting, basic balance beam walks, basic balances.
- Example Vault Skills: hurdle onto springboard, squat, jump/stick landing.
- Example Bars Skills: front support, casts, belly roll forward
- Example Trampoline Skills: trampoline safety and basic gymnastics jumps

Beginner 2- Ages 6-8: For a child who understands and can perform the most basic concepts of gymnastics, Beginner 2 reinforces the basics while challenging new skills.

- Example Floor Skills: spotted back bends, backward rolls, handstands
- Example Balance Beam Skills: complex walks, scales, levers, two-foot jumps
- Example Vault Skills: heel drives (donkey kicks), dive roll
- Example Bars Skills: pullover, spotted back hip circle, birdie perch
- Example Trampoline Skills: refined basic jumps, combination jumps

Beginner Tweens- Ages 9+: Beginner Tweens is a class designed for students 9 and up who want to learn the fundamentals of gymnastics! We teach all of the basics in a fun and challenging 60-minute class.

- Example Floor Skills: forward and backward rolls, tick tocks and handstands, strong cartwheels, bridges and back bends.
- Example Balance Beam Skills: safe mounting/dismounting, basic walks and jumps, levers and scales.
- Example Vault Skills: hurdle on to springboard, squats, heel drives (donkey kicks), dive rolls, handstands on to resi mat.
- Example Bars Skills: pullover, casting, spotted back hip circle, birdie perch, three swings with re-grip on high bar.
- Example Trampoline Skills: trampoline safety, basic gymnastics jumps, combination jumps, donkey kicks, round-offs

Intermediate 1- With firm knowledge of the basics taught at the Beginner levels, Intermediate 1 gymnasts will continue to hone and strengthen the gymnastics they already know.

- Example Floor Skills: unassisted back bends, back bends with spotted kick over, round-offs.
- Example Balance Beam Skills: releve, pivot turns, straight jumps, tick-tocks.
- Example Vault Skills: strong heel drive (donkey kicks), straight-hollow body positions, handstand vaults.
- Example Bars Skills: unassisted pullover, back hip circle, three swings with re-grip on high bar, assisted jump from low bar to high bar.

- Example Trampoline Skills: dynamic gymnastics jumps, tumbling skills.

Intermediate 2- At this level, gymnasts have honed a repertoire of skills and are ready to progress to learning more complex gymnastics.

- Example Floor Skills: handstand forward rolls, backbend kickovers, strong round-offs, drills for back handspring.
- Example Balance Beam Skills: strong relevés, front and side handstands, tick tocks on high beam, cartwheels on low beam, round-off dismounts.
- Example Vault Skills: handstands to elevated surface with fall flat
- Example Bars Skills: pullover, back hip circle, sole circle dismount, glide swing, birdie perch on low bar > jump catch high bar.
- Example Trampoline Skills: knees-hands donkey kicks, bounders, spotted back handsprings.

Advanced 1- At this level gymnasts have refined, solid basics and a repertoire of more complex skills.

- Example Floor Skills: handstand front limbers, front walkovers, front handsprings, back limbers, back walkovers, back handsprings.
- Example Balance Beam Skills: handstands, cartwheels, split leaps, side handstand with $\frac{1}{4}$ turn, front handspring dismounts.
- Example Vault Skills: front handspring to feet on resi, spotted front handspring over Table Trainer.
- Example Bars Skills: strong glides, spotted glide kips, front hip circles, long hand pullovers, long hang kips, non-salto high bar dismounts.
- Example Trampoline Skills: Back handspring without assistance.

Advanced 2- At this level gymnasts have developed solid basics as well as complex skills. Combination tumbling, saltos,

- Example Floor Skills: round-off back handsprings, front tuck with or without springboard.
- Example Balance Beam Skills: connected acro skills, walkovers, handsprings, min 1/1 turn on one foot. Salto dismounts.
- Example Vault Skills: dynamic front handspring over table trainer, drills for more complex vaults.
- Example Bars Skills: glide kips, underswing connected to dynamic tap swings, casts at or above horizontal.
- Example Trampoline Skills: front and back handsprings, front and back tucks.

Evaluations and Report Cards

Periodically, our staff will conduct evaluations of our recreational class students. Our evaluations are designed to ensure classes are progressing appropriately. Typically, an evaluation will be done in the Fall, Winter, and Spring for each class. In the weeks following the Spring evaluation, your child's teacher will send home a report card that details your child's progress.

Safe and appropriate progression for our students is our priority. Please be aware that gymnastics is a very challenging sport and it can take months or even years for a child to master a particular skill. The question should not be "when can my child move up?," so much as "has my child improved?". Even the most basic gymnastics skills require hundreds, if not thousands, of repetitions before becoming "perfect" and "automatic" to the gymnast. With consistent class attendance, you can expect your child to spend about a school year (sometimes longer, depending on each individual child, and especially in the Intermediate and Advanced levels) at each level. To move to the next rec. level, the student must be able to safely execute at least 75% of the skills required at the next level and be recommended by their coach.

Following our Spring evaluation, instructors will recommend which level your child should sign up for when returning the following Summer and/or Fall. If moving levels is deemed necessary during the school year, a staff member will reach out to the parent.

Discipline Policy

Bounce believes that busy little hands and bodies will find trouble if kept idle for too long. Because of this we will try our best to keep the children engaged in activities and use redirection when their attention has been lost on a given activity. However, even with the best preventative measures we acknowledge that problems will arise. We believe that children need to learn, to the best of their ability, how to resolve problems with kind words, actions, and respect. Consistent verbal cues will be used with staff interaction and appropriate behavior will be modeled. If a child is unable to control his/her behavior or is aggressive in any way, a time-away may be used to give a cooling off period. The time-away will be taken at an open designated area and for a short amount of time (2-5 minutes depending on age). The child will then be asked to return to the group with total forgiveness and acceptance. If problems occur at a certain center or play area the children involved may be put on time-away from the area involved. If unacceptable behavior continues to occur, the parent will be notified and a mutual plan of action will be agreed upon between the coach and parent.

General Rules

General Safety Rules:

1. No running or gymnastics is to be performed in the waiting area or in the hallways of the marketplace.
2. In class, please only use the equipment when the instructor tells you to. If waiting for the stations to be set up during transition time, please wait in the designated waiting area or on the listening line.
3. Use equipment ONLY in the manner you've been instructed. Inappropriate use of the equipment may lead to serious injury.
4. Only children enrolled in the class may use the equipment. Siblings and friends must wait with a guardian in the designated waiting area.
5. All participants must have a signed liability waiver before entering the gymnastics area.
6. Students should report any injuries immediately to their instructor and tell the teacher if they are feeling sick or hurt.
7. Students must listen and follow their teacher's instructions. If they are unclear on their assignment, always ask for clarification from the instructor.
8. Students should never attempt a new skill without a teacher's spot or guidance, and should never spot another child.
9. Food should never be brought in to the gym area. Snacks, gum, cough drops, and candy are not allowed during class.

Private Lessons

The safety and well-being of our students is our highest priority. In accordance with Safe Sport policy, no adult should be in the gym alone with a child. If scheduling a private lesson with a coach, please ensure there is at least one other coach also working in the gym, or stay to watch the lesson. Because oftentimes lessons are held during hours the gym is quiet, if there is not another coach present, your child's coach will ask that you please stay for the duration of the lesson. You are welcome to watch from the viewing area outside.

Our Staff

Our staff is carefully selected because of their special gifts, exercise and coaching experience, abilities, training, and education, as well as their desire to make a difference in the lives of children. Each staff member plays an important part in creating an outstanding playful/movement environment for children. All staff is certified in gymnastics safety, CPR/First Aid, and has completed a sexual abuse prevention course. Together we strive for excellence based on respect, patience, honesty, loyalty, friendship, and a love for children.

Make-Up Policy

Make-Up Policy

Preschool Classes (Basecamp Tots, Hilltop Toddlers, Treeline Tykes, Summit Kinders) can do make up during an Open Gym session.

Open Gym Make- Up: If a student is absent for a class, they can receive an Open Gym promo code. This code will provide them with one free hour of Open Gym. Bounce will accommodate ONE missed class per month. If your child misses multiple classes in one month, they will only receive one free Open Gym. **During this make-up, one parent must accompany their child in the gym.**

Process:

1. *Email contact@BounceGymnasticsCO.com informing us that you will be missing a class*
2. *We will reply to your email with a one-time per student promo code*
3. *The promo code will expire the month after your absence. If you receive a promo code for September, it will expire October 31st.*
4. *Login to your Bounce Member Account, register for your desired open gym, and enter the promo code at check-out.*

Open Gym Times 0-5 year olds: Tuesdays 11:00 - 11:45, Thursday 11:00-11:45, Sundays 8:00-8:45.

Recreational Classes (Beginner, Intermediate, Advanced) can join a scheduled make up class.

Make-Up Class: If a student is absent for a class, they can sign up for a make-up class. Bounce will accommodate ONE missed class per month. If your child misses multiple classes in one month, they may only attend one make-up class. During the make-up, students will be grouped by age and ability and will be led through a class with a coach. Make-up classes will be once a month on select Saturdays and Sundays.

Process:

1. *Call 720-460-0267 or email contact@bouncegymnasticsco.com to inform us you are missing class.*
2. *Log in to your parent portal to schedule your make up class.*

Make-up Class Dates 2021/2022:

9/26, 10/30, 11/21, 12/18, 1/29, 2/27, 3/26, 4/24, 5/21

- *Saturday Make Up Classes: 1:15-2:15*
- *Sunday Make Up Classes: 1:20-2:20*

All make up classes have limited space, and are first-come first-served. Make ups are not guaranteed.

No Call/No Show Policy

Please notify Bounce if your child will be missing multiple classes.

If a student misses two classes in a row, our staff will call to check in. After missing three classes in a row, our staff will call and send an email to notify the family that after the fourth missed class, if we have not heard back from the family, we will end the student's enrollment. After the fourth missed class with no notice from the family, the student will be dropped.

Enrollment/Billing Policy

On the 1st of each month, you will be charged for all of the classes your child will take in that month. Since tuition is calculated per class, your bill may show a different price each month due to the number of class days in that particular month. Please find the breakdown in the chart below. *There are no contracts.*

Parent/Toddler, Preschool, and Kindergarten	Beginner 1& 2, Tween, and Intermediate 1	Intermediate 2	Advanced 1 and 2
\$19.50/Class	\$20.50/Class	\$25.50/Class	\$28/Class
-45 Min Classes	-55/60 Min Classes	-90 Minute Classes	-110 Minute classes

Monthly Break Down Prices:

Classes/Month	Preschool	Beginner 1& 2, Tween, and Intermediate 1	Intermediate 2	Advanced 1 and 2
3x month	\$58.50	\$61.50	\$76.50	\$84

4x month	\$78	\$82	\$102	\$112
5x month	\$97.50	\$102.50	\$127.50	\$140

- All classes AUTO-RENEW into the next month during the months of August - May

Billing Process: All classes will be billed on the first of the month. Participants will be charged for the number of classes that they have in that particular month.

Registration Fees: A one time fee of \$30 per child (max of \$60/family) will be charged for enrolling in classes in our school year session. If enrolling after February 1st fee will drop to \$20. After April 1st you will not be charged a registration fee.

Cancellation Policy:

Bounce Cancellation Policy for Summer and Fall Programs:

Summer Classes:

All accounts will be charged the remainder of tuition on June 1st.

To cancel, you must notify Bounce via email on or before May 15th. If you have already paid for the class in full you will receive a credit towards future Bounce Programs, or may opt for a refund. If you have not paid your remaining balance, the remaining tuition will be removed. Please note that all deposits are non-refundable. For cancellations beyond the date above, there will be no refunds.

Summer Camps:

All accounts will be charged on the first of the month of the camp you are attending.

To cancel, you must notify Bounce via email two weeks prior to your camp start date. If you have already paid for the camp in full you will receive a credit towards future Bounce Programs, or may opt for a refund. If you have not paid your remaining balance, the remaining tuition will be removed. Please note that all deposits are non-refundable. For cancellations 13 days prior to camp and beyond, there will be no refunds.

2021-2022 School Year Session:

To cancel, you must notify Bounce via email by Friday, July 31st. If you cancel before July 31st you will not be charged for the month of August. Please note the \$30

registration fee remains valid for the entire school year, and is non-refundable. For cancellations beyond the date above, there will be no refunds.

All classes auto-renew into the next month. If a participant needs to end enrollment, they must write an email to contact@bouncegymnasticsco.com two weeks before the first of the month.

There are no refunds after billing has been processed. *There are no contracts.*

Late Payment Policy

Monthly tuition is due on the first of each month. In the case that payment is declined, Bounce will reach out to you and ask for you to provide another method of payment. After 3 weeks of no payment, your child(ren)'s enrollment will be dropped. All late payments are subject to a \$25 late payment fee.

Snow Day/Gym Closing Procedure

In the event of inclement weather or other reason that would prohibit Bounce from holding regularly scheduled classes, families will be notified via email as soon as the decision is made. Additionally, our voice mail and social media will be updated. Typically, if Denver Public Schools are closed, we are also closed. Always check with the gym to find out if your class is being held. In the event of a canceled class, Bounce will provide options via email for a make-up class.

Emergency CoVid-19 Closure:

In case of closure due to CoVID-19, all accounts will be switched over to our online program at a reduced rate of \$49 / month per family. In case of closure due to CoVID-19, you may email contact@bouncegymnasticsco.com to request a refund for the unused portion of your monthly tuition. All refund requests must be received by Bounce within 30 days of gym closure. After 30 days, no refunds will be issued. If you do not wish to participate in Zoom classes, you must notify Bounce 2 weeks prior to the first of the month. After charges have gone out, no refunds will be issued.