

## Green Mountain Gymnastics, Inc.

240 Pioneer Drive, Williston, VT 05495  
802-652-2454

### Middle / High School & Tumbling Program Registration Form 2009 Summer

|  |             |             |              |  |
|--|-------------|-------------|--------------|--|
| Child's name:  |             | DOB:        | Age:         | <input type="checkbox"/> Male<br><input type="checkbox"/> Female |
| Street:  |             | City:       | ZIP:         |  |
| <b>Parents/Custodial parent or legal guardians:</b>                              |             |             |              |  |
| Phone Numbers  | Home        | Work        | Cell         |  |
| Parent   |             |             |              |  |
| Spouse/Partner   |             |             |              |  |
| Email address:   |             |             |              |  |
| (GMG may use this for informing parents of class changes or any upcoming events) |             |             |              |  |
| <b>Person responsible for the payment on this account:</b>                       |             |             |              |  |
| Street:  |             | City:       | ZIP:         |  |
| Home phone:  | Work phone: | Cell phone: | Email:       |  |
| Doctor's Name & Address:   |             |             |              |  |
| Doctor's phone #:  |             |             |              |  |
| In case of emergency, please call:   |             | Phone       | Relationship |  |
| Name:  |             |             |              |  |
| Name:  |             |             |              |  |
| PLEASE INFORM US OF ANY MEDICAL CONDITIONS OR ALLERGIES                          |             |             |              |  |

## Green Mountain Gymnastics, Inc. MHS & Cheer Tumbling Registration Form (cont)

Please write the time of your chosen class, the date when your child starts and fill tuition information out completely

| Class Schedule | Class Time | Class length                | Rates    | Tuition                          |         |
|----------------|------------|-----------------------------|----------|----------------------------------|---------|
| Monday         |            | <b>Middle / High School</b> |          | Tuition for 8 week billing cycle |         |
| Tuesday        |            | 8 weeks 2 x week            | \$280.00 | Tuition Due if prorated          |         |
| Wednesday      |            | 6 weeks 2 x week            | \$230.00 | Registration                     | \$10.00 |
| Thursday       |            | 8 weeks 1 x week            | \$160.00 | <b>Total Due</b>                 |         |
| Friday         |            | 6 weeks 1 x week            | \$140.00 | Class Start Date                 |         |
| Saturday       |            | <b>Tumbling</b>             |          |                                  |         |
|                |            | 1 hour a week, 8 weeks      | \$125.00 |                                  |         |

**\* Please note parking for GMG is on the side of the building or in front of GMG only. DO NOT PARK in front of the Entrance Door or other businesses!**

I give \_\_\_\_\_ I do not give \_\_\_\_\_ permission for my child to be photographed during gymnastics activities. I do understand that these photos may be used for marketing GMG and its programs.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**I have read and understand the Rules and Policy book for Green Mountain Gymnastics and agree to abide by them.**

Parents' signature \_\_\_\_\_ Date: \_\_\_\_\_

Gymnast signature \_\_\_\_\_ Date: \_\_\_\_\_

# Green Mountain Gymnastics, Inc.

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## Waiver/Release Form 2008/2009

**No child will be allowed to participate in any programs unless this form is completely filled out, signed and filed with GMG prior to commencing participation**

**\*\*READ THE FOLLOWING CAREFULLY AND SIGN BELOW.**

**NOTE; BOTH PARENTS/CUSTODIAL PARENT AND LEGAL GUARDIAN MUST SIGN ON BEHALF OF EACH PARTICIPATING CHILD! \*\***

### **Agreement**

In consideration of my child's participation in Green Mountain Gymnastics Inc. (further referred to as GMG) events and activities, I hereby agree to be bound by each of the following terms and conditions:

1. **Eligibility:** I agree to comply with the rules of GMG.
2. **Readiness to Participate:** I will only participate in those GMG classes, events, competitions and activities for which I believe I am physically and psychologically prepared. Prior to participation, I will have practiced by exercise and will perform only those exercises, which I have accomplished to the degree of confidence necessary to assure I can perform them by myself and without injury.
3. **Medical Attention:** I hereby give my consent to GMG and/or host Organization to provide, through a medical staff of choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in the event, except where such loss or damage is the result of the intentional or reckless conduct of one of the organizations or individuals identified above.
4. **Waiver and Release:** I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses associated with participation in gymnastics activities and events. I also release GMG of liability for anyone associated with this gymnast in the event of injury that may be incurred within GMG's premises.

I further agree that GMG and the sponsor of any GMG event, along with the employees, agents, officers and directors of these organizations, shall not be liable for any losses or damages occurring as a result of my/our child's participation in any GMG event or activity, except where such loss or damage is the result of intentional or reckless conduct on one of the individual (s) /organization (s) mentioned above.

**INFORMATION:** Primary Medical Insurance: I am covered by a primary health/medical/accident insurance through:

\_\_\_\_\_

For any athlete who is not yet 18 years old: As the legal parents, guardian or custodial parents of this athlete, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in classes, events, competitions and activities conducted by GMG.

This waiver/ Release form shall remain in effect for as long as \_\_\_\_\_ (name of Child) participates in any GMG activity until such time of written notice rescinding this waiver/ release is received by GMG.

**Name of Child:** \_\_\_\_\_

**Printed name of Both Parents/Legal Guardian(s), Custodial Parent(s)**

\_\_\_\_\_

**Signatures of Both Parents/Legal Guardian(s), Custodial Parent(s)**

\_\_\_\_\_

Dated: \_\_\_\_/\_\_\_\_/\_\_\_\_

## **GMG Rules and Policy Book For Middle/High School and Tumbling Programs**

### **Arrival of Class**

- Parking for GMG is located directly in front of our unit or along the side of the building. Please be respectful of the other tenants and do not park in front of the door or in front of the other businesses.
- Please do your very best to be dressed and ready for class on time. The warm up is very important. We will not allow a child to participate in class if the warm up session is missed. Not only is proper warm up a safety concern, but it is also a time when the coaches will talk over the goals for that day and discuss what will be worked on.

- No one is allowed on the gym floor until they are called out to class by their coach.
- Do not use the bathrooms for changing. We have 2 dressing rooms upstairs.
- You must come into GMG to pick up your child after class is finished. I cannot allow anyone to leave the building without an adult. By coming in this also allow you to check out the bulletin board for any new notices that may be posted.
- Please be prompt picking up your child. Our instructors need to be supervising classes and not lingering students.

## Closings

- If there is any question regarding classes being cancelled due to weather, please call the gym. I will leave a message on the answering machine by 1:00 PM if classes are cancelled.
- If classes are cancelled due to a holiday schedule, we will post that notice on the bulletin board. Please make sure you are looking at the board every week.

## Clothing

- **Gymnasts must be dressed in leotards (please no skirts attached) and cheer tumblers in shorts and T-shirts.** Shorts cannot have buckles, zippers or snaps. T-shirts must be tucked in. We do sell leotards and other gymnastic apparel in our retail store. If girls wear shorts over leotard they must not be loose shorts.
- No Jewelry except stud earrings.
- All girls must have hair tied back and pulled away from their face.
- No shoes or boots are allowed beyond the water fountain. All kids are barefoot in the gym and we do not want dirt tracked onto the gym floor. Rain and melting snow makes for a slippery floor and can cause injury.

## Communication

- We use the bulletin board in the front lobby area to post all notices. Please make sure you are checking them each time you come in. I use email to inform about upcoming meetings, special events, changes etc. You must make sure that we have your current email address.
- The gym's phone number is **652-2454**, email: [Robin@GreenMountainGymnastics.com](mailto:Robin@GreenMountainGymnastics.com)  
All of our information is also posted on our website: [www.GreenMountainGymnastics.com](http://www.GreenMountainGymnastics.com)

## Drop Policy

- As each 8 week session nears the end, we will give notification of the next session. You will not be automatically rolled over into that so you must let us know if you will be continuing or not! You must also let us know what days you will be taking classes. Please let us know as soon as possible so that we do not give up your spot to someone else.
- If you decide to withdraw from class before the end of the session, fees are never prorated. The registration fee is Non-Refundable but does last the entire year. If you stop in the spring and rejoin for our summer session, there are no additional registration fees.

## Emergency numbers

- It is extremely important that you update us whenever there is a phone number change. This is extremely important especially if we need to contact you due to an injury. Please drop us a note and put it in the payment drop box so we can make those changes on your contact information.

## Food and Drink

- No gum, candy, food or drink is permitted in the gymnastic areas.
- Please place water bottles along the front wall or in their cubbies. Water breaks are given during class time. We do have a water fountain in the lobby along with a beverage vending machine in the retail store. We also have an "Honor" snack system in the lobby.
- Please be respectful of the gym and put trash in the wastebaskets.
- We ask that you clean up any spills that you may make.

## Lost and Found

- If anything is left behind after class, it will be put in the lost and found box. Every month this will be cleaned out and disposed of. We will not be responsible for lost or stolen items. Try to leave jewelry at home or put things in their duffel bag before class starts. This way, they have everything when they leave the gym!

## Make Up Policy

- No make up classes are offered for the Middle/High School Program or the Cheer Tumbling programs. The only exception is if we cancel the class due to weather or other conflicts. In that case, we will offer a class to make up for that one.

## Payment of fees

- An Annual Registration fee of \$35.00 is due in September.

- Classes run on either an 8 or 10 week billing session. (See schedules)
- Payments are due by the first class. All checks should be made out to Green Mountain Gymnastics. Sorry we do not take Debit or Credit Cards!
- Please write child's name in the memo field of your check so that the payment can be applied to the correct account.
- There is a late fee of \$5.00 per child for all payments received after the start of each session. Please understand that we simply need to have all fees at the beginning because we also have financial obligations that are due.
- Thankfully bounced checks are rare, however, if you do make a mistake and write a check which is rejected by your bank, we will charge back to you any charges that we incur and an additional \$20.00 insufficient fund fee. We also ask that you come in and pay the balance due and those fees immediately. You will need to make sure you then add the \$5.00 per child late fee to that payment.

## **Programs**

- We offer a number of programs for kids of all ages. Please check out our website for schedules. ([www.GreenMountainGymnastics.com](http://www.GreenMountainGymnastics.com))
- Kids Night Out (Friday nights through out the school year)
- Open Gym
- Birthday Parties
- Private Lessons
- Tiny Tumblers-Preschool programs.
- Recreational Classes
- Intermediate Programs
- Junior High and High School non-competitive programs
- Tumbling classes
- Home school programs (call us to schedule time for your group)
- USAG Competitive Teams, levels 4-10

## **Viewing**

- Please remember that access to the gym is for gymnasts and coaches only. Parents and siblings are not permitted on the floor; it has proven to be distracting to the classes. We also ask that you refrain from talking with your child during class.
- The viewing area is either the front lobby area or upstairs. If you are using the upstairs, please do not allow anyone to lean over the wall.

## **Parents**

- Please review these rules in this booklet with your child and be sure they understand them before signing our registration form. We ask your cooperation in helping your child understand the importance of safety within the gym. Remember that they learn best by example.
- When entering the gym, please remove shoes and bring belongings upstairs. Do not leave shoes or clothing along the walls of the gym floor. Make sure that things are placed neatly upstairs so that people can walk through. Check the lost and found box often and check the bulletin board for any notices. Please make sure to keep us current with any phone number or email address changes.
- Place tuition in the payment drop box on the wall in the front lobby. If you will be missing a class, please call to inform us.
- As always, if you have any questions that you need to discuss, never hesitate to ask!

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