



GYMNASTICS PROGRAM

STUDENT/PARENT HANDBOOK

2019-2020

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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 Stapleton

Mission Statement

Bounce Stapleton 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.

Hair: Hair that is longer than the ears must be neatly and securely tied back. No jewelry is to be worn. Children will participate barefoot as socks can be slippery on the equipment.

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

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 is 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

When dropping off your child, please find the sign for their class level on the wall of the hallway leading into the gym. If early for class, your child should stand against the wall, under their designated sign, with classmates. We'd very much appreciate it if parents helped their child to find their spot, and then moved along to the seating area if watching or go elsewhere as the hallway can become very crowded with the previous class dismissing and new classes coming in. Please have your child ready for gymnastics (dressed, personal items in cubbies, hair up, water bottle in hand) before entering the hallway and lining up.

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-

Our preschool program is designed for ages 18 months up to Kindergarten! We break down our ages into 4 different groups. Parent/toddler, Preschool Age 3 & 4, Preschool Ages 4 & 5, and Kindergarten Ages 5 & 6.

Parent/Toddler- Ages 18 months to 3 years: This structured class is the perfect starting place for littles to explore their new found love for rolling, running, and jumping! Parents and caregivers alike will move hand-in-hand with their twos around the gym together. Class will start with a fun filled warm-up followed by specially designed gymnastic circuits that appropriately challenge your child physically, cognitively, and socially. Our coaches follow a bi-weekly rotation schedule to ensure your child visits each event! All variations of participation are accepted and normal! Our trained and experienced coaches will honor and nurture your child's development and capabilities. Don't worry, we'll work in plenty of snuggles, too!

Preschool Age 3 & 4: Get ready to jump, balance, and roll! Gymnasts will participate in their own 50-minute class with one of our wildly talented coaches leading the way! Class will begin

with a fun, brief warm-up that exposes your gymnast to basic gymnastic shapes and the importance of stretching! They will then move into their educational, themed gymnastic circuits certain to enhance your child's strength, coordination, balance and more! We also work to challenge them to take turns, listen to direction, follow an instructor and make friends! Our coaches follow a bi-weekly rotation schedule to guarantee your child visits each event!

Preschool Ages 4 & 5: Pump it up! Gymnasts will participate in a structured 50-minute class filled with non-stop movement! In this gymnastic skill extravaganza, coaches will dive into tons of new gymnastics based skills that will knock their socks off! Our class begins with a brief warm-up and stretching period followed by a gymnastics circuit emphasizing a solid foundation of skills that will challenge your child at the appropriate level. Our coaches follow a bi-weekly rotation schedule to guarantee your child visits each event!

Kindergarten: Ages 5 & 6: Let's celebrate our Kindergarteners! Gymnasts will participate in a 50-minute, coach led class designed to introduce harder, more independent skills! Our class begins with a brief warm-up and stretching period followed by specifically designed gymnastic stations that challenge, refine, and expand your gymnasts knowledge! This class is a stepping stone towards our Beginner level 1 gymnastics class emphasizing bridges, forward rolls, introductory handstands (tick-tocks) and learning to cartwheel. Our coaches follow a bi-weekly rotation schedule to guarantee your child visits each event!

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 6-7: 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 on to spring board, 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 55-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 releves, 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.

Bounce Nights!

We offer the opportunity for students to have a night to work on skills through fun stations, circuits, and games! Bounce nights will be 2.5 hours long, and will run similar to our summer camps! Here is an example of how a night will run.

6:00-6:15-Rules/Introduction and warm up game

6:15-7:15-Gymnastics Stations

7:15-7:30--Free time

7:30-8:00-Game

8:00-8:15-Obstacle Course Challenges

8:15-8:30-Free time

Discipline Policy

Bounce Stapleton 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 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 often times 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

Preschool Make-Up Policy

Parent/Toddler through Kindergarten

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@bouncestapleton.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 - 12:00, Saturday 5:00 - 6:00, Sunday 8:00 - 9:00am

Recreational Program Make-Up Policy

Beginner 1 through Advanced 2

Make-Up Class: If a student is absent for a class and they are 5 and older, 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 will only receive 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 alternating between Saturdays and Sundays.

Process:

1. Email contact@bouncestapleton.com informing us that you will be missing a class
2. We will reply to your email with a sign-up link for your one time Make Up class
3. You will have 2 months to redeem your class
4. Login to your Bounce Member Account, register for your desired make up class

Make-up Class Dates 2019/2020:

- **Saturdays at 1:30 - 3:00:** 9/28, 11/23, 1/25, 3/21, 5/23, 7/25
- **Sundays at 1:00 - 2:30:** 10/27, 12/15, 2/23, 4/26, 6/28, 8/30

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

Price: 50 or 55 Minute Classes- \$19/class
90/120 Minute Classes-\$24/class

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.

All classes auto-renew into the next month. If a participant needs to end enrollment, they must write an email to contact@bouncestapleton.com two weeks before the first of the month. There are no refunds after billing has been processed.

There are no contracts or annual fees.

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.