



GYMNASTICS MAY 30 - JULY 20, 2017

Gymnastics Classes for Young Children

1217-19 North Monroe, Papillion, NE 68046
TEL: 402.339.4009 www.kidsbodyshop.com

Fractions-In-Action (F/A), 18-36 months (or older, if not potty-trained), 40 min: Toddlers come into the gym with Mom or Dad for a fun-filled experience. Our program is unique in that it includes activities in many aspects of physical education: ball handling skills, locomotor skill development, creative movement, rhythm, dance, and educational gymnastics skills. Interaction with other toddlers is also introduced. Since this is a time designed especially for you and your child, all siblings will need to view class from our lobby area (with the exception of an infant in a back pack or infant seat).

CHILDREN MUST BE FULLY POTTY-TRAINED TO ENTER THE FOLLOWING CLASSES:

TumbleKiDS(TK), 3 yrs. -Kindergarten, 55 min: Designed to introduce gymnasts to stretching and aerobic exercises, safe use of all gymnastics equipment and the fundamentals of basic gymnastics skills. Children work on flexibility and motor skills in preparation for beginner classes. Since they are mixed classes of both boys and girls, they will be exposed to all the various apparatus in the gym. TumbleKiDS classes will be grouped more by ability than by age during the summer schedule.

DudeNastics (DN), Boys Ages 4 yrs. -Kindergarten, 55 min: Boys' gymnastics program teaching TumbleKiDS tumbling skills and skills utilizing boys' apparatus. Muscular endurance, strength, flexibility, coordination and balance training is also included.

Bounce & Bubbles (B&B), Ages 4-6 yrs, 90 min: A class designed to utilize the gym and pool (45 min. each). Gymnasts will work on TumbleKiDS skills (according to age and ability) each week, followed by a circuit utilizing all the apparatus, then fun-time. Swimmers will work on Levels I-II skills (according to age and ability) each week, followed by aerobic exercise, then free-time. Children should wear their swim suit under their clothing and bring a towel.

	F/A	TK	DN	B&B
One Session	\$55	\$61	\$61	\$84

Session 1: May 30 - June 22
Session 2: June 26 - July 20

Open Gym (OG) - Thurs. 10:30 a.m.-12:00p.m.:

For children 6 years and younger \$4/KiDS Current Student; \$6/non-KiDS student; Adults/Children under 1 year: \$2/adult/child. This activity is open to the public. Parents must actively supervise their children. Maximum of 3 children per adult. No registration required.

Session 1: May 30 - June 22

Session 2: June 26 - July 20

"1" or "2" next to class time means class is full for that session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	F/A** 9:15 A.M.	TK 9:15 A.M. 2	TK 9:15 A.M.
	TK** 10:15 A.M. 1&2	TK 10:15 A.M.	OG 10:30 A.M.
			B&B 4:00 P.M. (GYM/SWIM)
	DN** 5:00 P.M.	TK 5:00 P.M. 1	TK 5:00 P.M. 1
F/A 6:10 P.M. 1	TK** 6:00 P.M. 2	DN 6:00 P.M. 1	TK 6:00 P.M.
TK 7:05 P.M.	TK** 7:00 P.M.	F/A 7:10 P.M.	TK 7:00 P.M.

Sign up for at least one session to receive preference on Fall 2017 classes.

** TUESDAY CLASSES ON JULY 4 WILL MEET ON FRIDAY, JULY 7, SAME TIME.

NEW STUDENTS: Payment of the annual gym registration fee of \$30/student is required and must be included with your class fee(s).

FAMILY DISCOUNT: If more than one family member is involved in gymnastics classes at KiDS/Omega, we do offer a discount on the total class fee due per session (tuition for less than a full session does not qualify for the family discount). First child pays full fee, second or subsequent children each receive a \$5 discount per session.

REFUND POLICY: There will be a \$5 processing fee per child deducted from any refund. However, no refunds will be given once the classes you have registered for have started. Registration fees are non-refundable.

MAKE-UP CLASSES: Make-ups are offered if your child is unable to attend their regular weekly class. However, you must notify the office by phone or voice-mail a **minimum of 2 hours in advance** of your child's absence from class before a make-up class will be scheduled. You must call the office, 402.339.4009, to schedule a make-up class. Make-ups are on an availability-only basis, **are not guaranteed and may not be rescheduled.**

KIDS BODY SHOP GYMNASTICS: MAY 30 THROUGH JULY 20

SUMMER OFFICE HOURS (MAY 30 - JULY 21)

TUES - FRI 9:00 AM - 1:00 PM
 MON - THUR 4:30 - 7:15 PM
 SAT 9:00 - 11:30 AM (JUNE 3-24)

SUMMER FAMILY FUN NIGHTS: TWO FRIDAYS: 6:00-7:30 P.M.: JUNE 23& JULY 14
 CURRENT KIDS STUDENT: \$5/CHILD NON-STUDENTS: \$8/CHILD ADULTS/INFANTS UNDER 1 YEAR: \$2/ADULT/CHILD

FOR INFORMATION ON OTHER ACTIVITIES OPEN TO THE PUBLIC, PLEASE CALL OR VISIT OUR WEBSITE.

TO REGISTER FOR CLASS . . . Use the registration form provided and mail or drop off with payment to guarantee reservation. Payment MUST accompany registrations, therefore, **NO PHONE RESERVATIONS** will be accepted until after summer classes have begun. *You will be contacted if your class choice is already full.*

Unlike the school-year schedule, your child's spot in class will NOT be reserved for any upcoming session(s). In order to reserve a class spot for your child you must register and pay for that session.

KiDS body shop GYMNASTICS REGISTRATION

PARENT FIRST _____ LAST _____

CELL _____ (MOM/DAD/HOMEWORK) _____ (MOM/DAD)

ADDRESS _____ CITY _____ ZIP _____

E-MAIL _____ Texting? Y / N

Note your child(ren)'s medical/behavior problems or fears which we should be aware of? _____

Due to insurance regulations, every person entering the main facility must read the following waiver and sign below as an acknowledgement that he/she understands the following agreement:

I acknowledge that by participating in the gym activities and/or by moving around in the gym, with its equipment and possible uneven surfaces, there is a risk of injury. I acknowledge that I accept the risk and waive the option to sue should I, or any minors I am responsible for, incur an injury. By waiving the option to sue, I also thereby release **KiDS body shop and Omega**, its agents and employees, from liability for such injury.

 Parent/Guardian's Signature

Student 1:

First _____ Last _____

Birth Date: _____ Age _ Sex: M/F

CLASS CHOICE (Day & Time) _____

May 2017 KiDS body shop student? Former? New?

I am registering for:

Session 1 Session 2

May 30 - June 22* June 26 - July 20**

* MONDAY CLASSES ON MAY 29 WILL MEET FRIDAY, JUNE 2, SAME TIME.
 ** TUESDAY CLASSES ON JULY 4 WILL MEET ON FRIDAY, JULY 7, SAME TIME.

Student 2:

First _____ Last _____

Birth Date: _____ Age Sex: M/F

CLASS CHOICE (Day & Time) _____

May 2017 KiDS body shop student? Former? New?

I am registering for:

Session 1 Session 2
May 30 - June 22* June 26 - July 20**

* MONDAY CLASSES ON MAY 29 WILL MEET FRIDAY, JUNE 2, SAME TIME.
 ** TUESDAY CLASSES ON JULY 4 WILL MEET ON FRIDAY, JULY 7, SAME TIME.

Start Date: _____

Class Fee(s) Due:
 Student 1 Fee \$ _____

Student 2 Fee
 (Less \$5/Session) _____

Total Class Fee \$ _____

Annual Registration Fee \$30/Student/Year:

Student 1: \$ _____

Student 2: \$ _____

TOTAL PAYMENT \$ _____

CHECKS PAYABLE TO:
KIDS BODY SHOP
(Credit/debit cards not yet accepted)
 1217-19 North Monroe - Papillion 68046
 402.339.4009

OFFICE USE ONLY:

Date Rec'd: _____ Mail/Person/Box Code: _____ / _____ Roster WL