

1217-19 No. Monroe - Papillion 68046-2045, Tel: 402.339.4009  
Web: [kidsbodyshop.com](http://kidsbodyshop.com)



**OFFICE HOURS:** T-F 9 AM-1:00 PM; M-TH 4:30-7:15 PM (MAY 30-JULY 21)

## **WELCOME TO KiDS body shop!**

Our staff was chosen because of their enthusiasm, good humor, creativity, patience, and ability to lead and control the students. They attend workshops, seminars and read the latest materials available in order to stay updated in the field.

A few suggestions to prepare your child for class: Remind them to get drinks and use the bathroom before class. Encourage them to try new things. If your child has a fear, let us know about it so we can work with him/her to overcome it. Teachers also need to know if your child has any allergies, developmental or learning disabilities.

Listed below are policies that our gym follows. Please take time to read them and feel free to ask any questions.

**SESSION FEE(S):** Full payment must be made at initial sign up to receive discount. Your child's spot is only held for the session(s) paid. No spots will be reserved in future sessions unless full payment is made for the session.

**FAMILY DISCOUNT:** If more than one family member is involved in gymnastic classes at KiDS or Omega, we do offer a discount on the total class fee due per session. Discounts apply only to payments on full sessions. A second child (or more) receives a \$5 discount (per additional child/session). Family discounts do not apply when you have one child in swimming and one in gymnastics.

**MAKE-UP CLASSES:** Make-up classes are offered as a courtesy to our customers. **However, you must notify the office at least 2 hours in advance of your child's absence from class in order to be eligible for a make-up class.** It is necessary to call our office to schedule a make-up class so that we do not overload any other classes. **Notices via e-mail at [kidsbodyshop.com](http://kidsbodyshop.com) must be posted a minimum of 24 hours prior to your absence.** Make-up classes are to be completed within the session the student was absent. Please note, make-ups will be scheduled on an availability basis to current students only, are not guaranteed, and may not be rescheduled.

**PARENT VIEWING:** Parents are welcome to stay in our climate-controlled lobby and view classes through our viewing window. To avoid distractions for students, parents will not be permitted to enter the gym to view classes.

**ATTIRE:** No special uniform is required for gymnasts, but students must be able to stretch and move comfortably. Leotards or knit shorts and shirts are suggested (not jeans or jean shorts). No socks, or tights with feet in them for gymnasts please. Also, no gum, jewelry, belt buckles, large barrettes or hair ribbons, are allowed for the safety of the gymnasts. **Long hair must be tied back.**

**ARRIVALS-DEPARTURES:** Our "KiDS" like to be a part of the group. Please be punctual for your child's well being. Parents are to stay with their child(ren) until class begins. You may leave the building once class is in session, however, we ask that you sign-out on the Sign-Out Sheet located on the lobby desk. Please note that you may be charged for the instructor's time if you do not pick your child up on time and an instructor is required to stay after hours to wait with them.

**SAFETY PRECAUTIONS:** There are clearly marked exits directly to the outside from all instructional areas in the facility in case of fire. During a tornado warning, the students will be taken to the safety pit and gym mats will be pulled over them (the pit is four feet below ground level). All gym instructors, and many of the other staff, have been trained in First Aid, CPR and Concussion procedures.

**PARKING LOT:** We have parking available on 3 sides of our building and the double entry between the two buildings is accessible from both front and rear parking areas. The preschoolers are little and easily hidden behind a car so for the safety of your child, please walk them into the lobby before class and come inside to pick them up at the end of class.