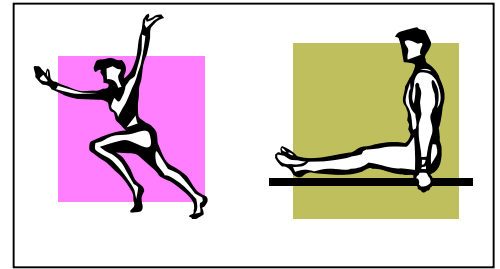




HealthQuest Gymnastics Program



PHILOSOPHY

The HealthQuest Gymnastics Program provides a safe and healthy athletic environment that encourages children to participate in the sport of gymnastics. By participating in this sport children will not only increase their physical abilities but also learn life skills such as developing interpersonal relationships, perseverance, discipline, commitment, humor, perspective, teamwork, humility, and leadership.

PARENT RESPONSIBILITY An adult must escort all children to the gymnastics studio. Transportation is available to and from KidQuest, CyberQuest, & the sports center if needed. However, your child must be checked in at least 15 minutes prior to their class start time. **No one is permitted in the gymnastics studio prior to class time.** Any child not using the transportation service must be picked up promptly after class by a parent. The instructors are not responsible for your child once class has ended.

PRE-GYM PROGRAM Our Pre-Gym program is a fun and safe introduction to gymnastics skills and apparatus. Children learn proper technique and terminology within an atmosphere of fun, play, and music.

PRE-SCHOOL CLASS DESCRIPTIONS

You and Me (18-24 mos.) Class length 40 min
This is a great class for you to spend time with your child exploring the gym and learning body awareness through songs and free play.

You and me (24-36 mos.) Class length: 45 min
This class builds upon the experience of the one on one class by introducing developmentally appropriate tasks. 3 year olds may remain in the class as each child potty trains and separates from parents at their own pace.

Pre-gym 3 Class length: 30min
This class is for children who are **three years old and potty trained.** Children must be able to separate from the parent as no adults are permitted in the classroom.

Pre-gym 4-5 Class length: 45 min
This class is for children who are four or 4-turning-5 during the school year.

KINDERGARTEN GYMNASTICS Class length: 50 min
This class is for children **who are in Kindergarten.** Instruction is more detail oriented while keeping an entertaining atmosphere geared towards this age group.

Note to Parents: Children must complete one full year of a kindergarten class before moving up to a Division 1 level.

Children are required to remain in the class they are registered for from Sept.-June. The Director will advise parents when a change of class is necessary.

FIRST GRADE AND UP PROGRAM

Our sequential, progressive gymnastics curriculum safely increases gymnasts' range of motion and body awareness while developing balance, coordination, and the ability to perform basic gymnastics skills. Early in the program, emphasis is placed on physical strength and flexibility in accord with the most current proven principles of physical development. Recommendations to move from one level to the next are made by the instructors.

FIRST GRADE AND UP CLASS DESCRIPTIONS

Girls Ratio – 7:1 / Boys Ratio – 7:1

Each level has required skills in each event that the gymnasts must master to move to the next level. Evaluation is ongoing and as the gymnasts prove their mastery of skills in each category, recommendation will be made for moving up to the next level.

Level 1 Class Length: 55 min
A Level 1 class is designed for students who are new to the sport of gymnastics. During this first experience each gymnast will learn their gymnastics terminology and positions, basic skills, and gain an understanding of each piece of equipment. These gymnasts will begin to focus on strength and flexibility as a foundation for their skills.

Level 2 Class length: 55min
These classes build upon the basic skill progressions, introducing new elements and progressively more difficult skills.

Levels 2+ and 3 Class Length: 90 min, twice a week
This is an invitation only class for those gymnasts who have met the requirements for level 3 and are committed to coming to class twice a week. Arrangements are possible for level 3 to come once a week for 90 min. 3+ must commit to twice a week.

Tumbling Class length: 55min
Tumbling and body awareness through floor drills on shaped mats and use of the tumble track.

Please see back for gymnastics rules and policies

Gymnastics Rules and Policies

- Members may only sign up for ONE gymnastics class for the year.
 - There is a fee of \$35.00 per month per child for students taking more than one class, only if space is available. Members who do not get into a class may only go on ONE wait list.
 - Proper attire is required.** Leotards for girls (without skirts), gym shorts and tucked in T-shirts for boys. Students work barefoot. No jeans, street clothes, or loose clothing. Denim, Nylon wind or cargo pants do not stretch and make it difficult to spot. Inappropriately dressed students will not be allowed to participate. **Hair must be tied back.** This is for the child's safety. Use elastic hair bands. Please do not use bows, hard barrettes, or plastic clips, these hurt the child's head during tumbling.
 - Please remove jewelry prior to class.
 - No food or drinks in the gym.

 - Please call prior to the start of class if your child will be unable to attend class.** If a call is not received, it will be marked as unexcused. Three unexcused absences will result in the removal of the child from the class. Please do not call the Program Desk – you must contact the Gymnastics Department at (908) 782-4009 ext. 229. Please leave the child's name & class information - type of gymnastics class, day & time (ex. Suzie Smith, Kindergarten, Tues, 10am). If missing more than 1 class, please also leave the dates. **Teachers reserve the right to remove a child from a class roster due to excessive absences whether or not they have been excused.**

 - Please be on time for class. The warm-up is an essential part of class. **Students arriving more than 10 minutes late will not be admitted to class** due to safety reasons.
 - Students must complete proper skill progressions to move to the next level. Evaluation is ongoing.
- Inclement Weather:**
Check the HQ website www.healthquest-fitness.com
Class cancellations, delayed openings & early dismissals

Pre-School Gym reminders

- Please take your child to the bathroom before class begins.**
- Parents, please be on time for class. It can be difficult for some younger children to walk in late after the activities have begun.
- Very Important! Please do not distract your child during class. For their safety, they need to focus on the class activities.

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