

# PHILADELPHIA GYMNASTICS CENTER - FALL - 2019

Once again the Fall season is on the way. First - back to school! Second - choose activities! We reach out to students with the desire to take a step, hop, leap and flip into Gymnastics. Each with different goals but all for the enjoyment of our sport. Offer your child the opportunity to take professional gymnastics classes that will enable them to be physically healthy, raise their self-esteem and HAVE FUN in an enthusiastic and encouraging atmosphere. Our program consists of 12 or 13 weeks sessions to insure progress for all students of all ages and all skill levels. As always, "the best we can offer our students" is foremost in our minds!

"Our history is 40 years of great gymnastics!"

## FALL ENROLLMENT

Our Fall session begins on September 3rd and continues through November 30th. REGISTER NOW by sending the enclosed Registration Form with full payment as soon as possible. DO NOT DELAY!! Our Fall session fills up very quickly. Upon receiving your form, it will be processed on a first come -- first served basis. If requested class is filled, we will contact you with other available classes. Your request will be confirmed by telephone or e-mail. The class fees include our \$20.00 one-time per year registration fee per student. You may use cash, check or credit card for payment.

## CLASS STRUCTURE

Our main purpose is to teach correct gymnastics with a basic foundation for improvement. Safe gymnastics is an important goal in our program. Our Preschool program offers instruction for motor skills to develop body coordination as well as beginner gymnastics skills. Placing students in groups that are age and skill appropriate provides us the opportunity to give each student more individualized attention and track progress. On the first day of each class, our students in Kidnastics, Gymkids, and Advanced classes are evaluated so they can be placed in an appropriate group according to their present skill levels. During each class session, skills are advanced as to the students' abilities. All students will not progress at the same rate. At times we must separate friends because of a difference in skill levels. Requesting for your child to be with a friend of a different skill level can affect the progress of all children in the group. We encourage our students to make new friends!

## SUPER-DUPER SUNDAY

An exciting new adventure at P.G.C. On Sundays, we will be having special events such as open gyms, clinics for specific skills or levels, and other various activities. Updates will be sent by e-mail, posted in our lobby and on our website.

## PROPER ATTIRE

Female students do not need a leotard, although we sell them in our Gym Store if you are interested. Sweat pants, shorts, or leggings (no feet) and a T-shirt or tank top are acceptable. Male students can wear sweat pants or shorts and a T-shirt or tank top. Jeans, which are too restricting and have snaps or buttons, clothes that are too baggy, and skirts or dresses are not acceptable attire. All students will go into the gym barefoot. Socks with grips on the bottom are acceptable for preschool classes, but not ideal. Please no jewelry or accessories. Students' hair must be up and out of their faces.

## MISSED CLASSES

P.G.C. offers a make-up time for any class a student cannot attend. Kindly contact the office and schedule all make-ups. Please inform P.G.C. if missing a scheduled make-up class prior to that class or it will be recorded as your make-up. A make-up class may not be carried into next session unless the absence occurs during the last two weeks of the current session. **THERE ARE NO REFUNDS FOR MISSED CLASSES!**

## REFUND POLICY

Refunds for the session will be given up to and including the third week of class. Refunded monies are less the registration fee, classes taken, or from week of notification to P.G.C. Inc.

## **P.G.C. STAFF**

Our instructors have passed required U.S.A. Gymnastics Safety Certifications, Background Checks and Safe Sport accreditation. Many of our staff are CPR certified for adults and children.

## **GYMNASTICS AREA**

Only students and their instructors are permitted in the gym area. The doorway must be kept clear at all times for the safety of our students. This is in accordance with Fire Regulations.

## **THE "GYM STORE"**

We have a well-stocked Gymnastics store with leotards, shorts, T-shirts, handgrips and lots of extras. All of your gymnastics needs under one roof.

## **PARKING**

Parking is permitted in our off street parking lot or street parking on opposite side after 1:00 p.m.

## **OBSERVATION AREA AND WAITING ROOM AREA**

You are welcome to observe weekly classes from our observation area. This area is provided solely for observation of students during their class. We ask that you do not use your cell phone or other devices. There is no food or drink permitted in this area. If you desire to talk with friends, play with younger siblings, talk on cell phones etc. it should be done in our outside waiting area. Consideration of other persons should be a priority! Our waiting room area is a very busy place. It must meet the needs of all. We expect everyone to be considerate of each other. All trash must be put in proper containers. Please keep area clean and safe for all. We ask that you do not bring or eat any peanut products as many students have allergies. Our insurance company does not allow us to have pets in our facility. **PLEASE OBSERVE OUR POSTED RULES!**

## **RECREATIONAL COMPETITIVE GYMNASTICS FOR GIRLS - TEAM P.G.C.**

The world of competitive gymnastics has expanded to new and higher levels. This path is not right for all students. P.G.C. offers an additional competitive opportunity for female students. We are looking for female students, ages 8 and over, that are interested in a less demanding competitive experience than our nationally famous "Mannettes Gymnastics Team". Requirements are to take one class per week and an additional training time for a three hour period on Wednesday - 5:45 p.m. to 8:45 p.m. or Saturday - 1:00 p.m. to 4:00 p.m. Students must reach a qualified score in our testing program. If you are interested in this program, please notify us by checking the line at the bottom of the Fall registration form. You will be contacted after our testing week with student qualification and additional information. This "in house" program is under the direction of "Mr. Gene" Muldoon.

## **U.S.A. GYMNASTICS COMPETITIVE GYMNASTICS - "THE MANNETTE THUNDER CATS"**

P.G.C., Inc. is a member in good standing of U.S.A. Gymnastics, the National Governing Body. We support Amateur Athletics and the Olympic Movement. Our programs are developed to offer a vehicle on the pathway to advanced competitive gymnastics. Any female student with the talent and desire is able to pursue this goal. Our staff is happy to train and support our U.S.A. Gymnastics Developmental Team and our Jr. and Sr. Competitive teams. All of the above programs are with staff approval and by invitation only.

## **SPECIAL NOTE**

It always gives us great pleasure to have the opportunity to offer professional gymnastics instruction to children. In today's world children need physical activity! All of our staff at P.G.C. is looking forward to having your child join us for the steps, leaps and bounds to a healthy and fit way of **HAVING FUN!**

**To past students - WELCOME BACK! To new students - GLAD TO HAVE YOU!**

**"GREAT KIDS FLIP AT PHILADELPHIA GYMNASTICS CENTER"**