

## POLICIES AND REGULATIONS

Balance 180 Gymnastics & Sports Academy is focused on providing all athletes with a positive experience in gymnastics and sports. Our coaches and volunteers are focused on creating a nurturing and supportive environment, giving lots of positive feedback and helping each child build confidence as they learn new skills. We will also teach the children to follow instructions, wait their turn and support their teammates. We expect each coach and volunteer to be professional, courteous and respectful.

In pursuing a positive and professional environment we also have expectations of the athletes and parents, which are outlined in this document.

We would like for your child to enter the gym ready and eager to learn. You can do certain things to help this along. Below are some general rules that we would like you and your child to follow:

### General Rules and Regulations

1. Gymnasts should wear a leotard (they may wear shorts over the leotard) or shorts and a t-shirt. Please no zippers, snaps or buttons that could hurt the gymnast or catch on the equipment.
2. Gymnasts should fix their hair so that it does not obstruct their vision when in an upside down position.
3. For safety reasons, gymnasts should not wear any form of jewelry such as dangling earrings, bracelets, necklaces, etc.
4. Gymnasts should put all shoes, jackets, and other non-gymnastic items in the cubicles provided.
5. Parents and spectators may observe from the designated seating area. They are not allowed on the gymnastics floor or equipment without permission from the staff.
6. Being late is very disruptive to class, so please arrive on time.
7. All parents must pick up their children at the end of class.



Our program is structured so your child can enroll in class at any time on a month-to-month basis. The number of classes will vary month to month depending on the school calendars and holidays which necessarily means your child may have 3 classes one month, 4 the next or 5 in another. Regardless, the total number of classes evens out during our "Gym" year.

If your child's class meets 5 times in one month, we will not charge extra. Consequently, if your child's class meets 3 times in one month, due to holidays or breaks, you will not receive credit or make up.

If your child has to miss a lesson, we ask that you notify us via email at [balance180gym@gmail.com](mailto:balance180gym@gmail.com) as early as possible. We work hard at making sure that we have the right combination of coaches and volunteers. Therefore, we will not deduct or refund missed lessons, but will offer a makeup option.

In order to receive a makeup class, you must notify us of your child's absence prior to the start of his or her scheduled class. Makeups must be scheduled at least 24 hours in advance of the class you would like to attend. If you do not show up for makeup class, you forfeit your makeup. Students must be currently enrolled to be eligible for a makeup class.

Balance180 requires a two-week notification regarding temporarily or permanently discontinuing enrollment. The notification should be submitted in writing, either via email or regular mail. If there is no notification then you will be charged for an additional one-month fee if attendance ceases. The maximum time frame for temporary disenrollment where your spot in the class will be reserved is two months.

The registration is a fee due upon enrollment and is renewed annually. At the time you enroll in a class, you pay the registration fee and a pro-rated amount for the first month's tuition. Thereafter, tuition is due on the first of each month. A \$10 late fee is charged if your payment is overdue by 10 days.

All checks should be made payable to Balance 180. The fee for a bounced check is \$25.