



## ADAPTIVE GYMNASTICS 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 ask you and your child to follow:

### General Rules and Regulations

Initials\_\_\_\_\_

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.

### Session Schedule

Initials\_\_\_\_\_

Our adaptive gymnastics program is offered year round and is structured so your child can enroll in the class at any time. Each adaptive gymnastics "session" includes four weeks of the hour-long class which meets on most Saturdays from 12:30-1:30pm. The adaptive gymnastics schedule is always available at the front desk and on our website.

### Missed Classes

Initials\_\_\_\_\_

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 to ensure that we have the right combination of coaches and volunteers. At this time, we are not able to prorate, provide tuition credit, or refund for missed classes. By having so many wonderful people willing to volunteer their time with the program, we keep the session fees as low as we can for our families.

### Session Sign-Up

Initials\_\_\_\_\_

The adaptive gymnastics class runs year-round in eight, four-week sessions according to the following schedule:

Fall/winter = 3 sessions = 12 classes

Spring = 3 sessions = 12 classes

Summer = 2 sessions = 8 classes

You will receive the session dates prior to each new season of the class and asked to commit to the sessions your child is able to attend. If you pre-sign up for a session that your child ends up not being able to attend, please email us at [balance180gym@gmail.com](mailto:balance180gym@gmail.com) at least seven days prior to the start of the session so that you are not billed. If you do not provide sufficient notice, you will continue to be charged even if attendance ceases.

**Tuition and Fees****Initials** \_\_\_\_\_

The registration is a fee due upon enrollment and is renewed annually. At the time you enroll in a class, you will pay the registration fee and a prorated amount for the first session's tuition. Thereafter, tuition is due on the first of each session. 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.

**Payment Options****Initials** \_\_\_\_\_

While we do not require auto-billing, we do require that all customers leave their credit card information on file. We highly encourage you to "opt in" to auto-billing for your convenience and so that you do not have to worry about receiving a late fee. If you decide to "opt out" of auto-billing, the following options are available:

1. Online: To make a payment online with a debit card, credit card, or check, just click the "Review and Pay" button in the emailed invoice followed by the "Pay now" button. The invoice will be emailed to you one week prior to the first date of the upcoming session. Please make sure to notify the office if you are not receiving the invoices so that we can make sure we have the correct email address on file.
2. Over the phone: Payments can also be called in over the phone to (352) 340-1180.
3. Mail a check: Please make checks payable to Balance 180 and mail your payment to our address below:

Balance 180 Gymnastics and Sports Academy  
6527 NW 18th Drive  
Gainesville, FL 32653

4. You are always welcome to make a payment in person at the gym via cash, check, or card. We are open Monday through Friday from 2-8 pm and Saturday 8:00 am-12 pm.

Please note that if you "opt out" of auto-billing and we do not receive your payment via one of the methods above by the second class of the session that the payment is due, the card you have on file will be charged for any fees that are due including the \$10 late fee. Your card will be charged on the first business day following the second class of the session.

Please let us know if you have any questions, as we are happy to assist you. The following is our contact information:

**Email:** [balance180gym@gmail.com](mailto:balance180gym@gmail.com)

**Phone:** (352) 340-1180

Thank you and we look forward to having your athlete join us for gymnastics. We warmly welcome you to the Balance 180 family!

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