

Ultimate

GYMNASTICS



Why Gymnastics?

Children in today's world have hundreds of new activities available for their enjoyment. The list ranges from video games, to television programs, to sports, and music activities. Unfortunately, the benefits are not always proportionate to the amount of time kids spend on their favorite activities.

As an after-school activity, gymnastics has been growing dramatically in popularity each year, and with good reason. Parents are becoming increasingly more aware of the sport's health and educational value, while children just want to keep up with an activity that helps them feel good about themselves, both physically and emotionally.

Gymnastics is more than just another sport. It is an activity that offers something different to each participant. In gymnastics, the highly active child has a positive outlet for their energy while the less-physically-motivated child is thrilled by learning a skill suited just for them.

Developmental gymnastics is composed of such a myriad of skills that children of all abilities can enjoy the challenge of learning new and exciting skills each time they attend class. This provides an opportunity for repeated success experiences that motivate the child to strive to new heights. These success experiences build the self-esteem and the self-confidence needed to enjoy the many challenges of life.

Gymnastics is a fundamental activity that provides all the basic tools children need to be successful in life.

Inside this issue:

Why Gymnastics?	1
Star Belts & Star Skills	2
Special Events	3
Additional Safety	4
Bring a Friend Pass	5
Ultimate Rules	6
Room Behind the restrooms	6

What your child gains from gymnastics...

The Inner Child

- Concentration
- Problem Solving
- Goal Setting
- Self-Esteem
- Self-Respect
- A love of learning



The Outer Child

- Self-awareness
- Strength
- Coordination
- Agility
- Posture
- Balance
- Flexibility

Become a Fan of "The **Ultimate Gymnastics Experience**" for instant updates, photo access, invitations to special events, and more.





Star Weeks- September 19th –30th

Now that we are almost a month into the program it's time to earn those belts and stars! Your child will be given their belt and have a chance to start earning stars. Please note, gymnastics is constantly evolving and changing. While all returning students will mostly be able to pick up right where the left off, there may be some new skills they need to master this year.

What is Star Week?

FIRST – EARN YOUR BELT

Our Star Incentive Program is what Ultimate Gymnastics' Recreation Program uses to help our school age children understand and measure their progress in gymnastics. Each child earns an elastic belt once when they join the program. Each class level has a different color so your child's belt color will depend on the class they are in. The belts will be given to the students during their first Star Week. Please take the elastic belt and simply sew it together to create a belt for their belly and have your child wear it to gymnastics **each week**

Rising Stars - RAINBOW

Super Stars - RED, WHITE & BLUE

Hot Shotz - BLUE

Kindergirls -RED

Beginner – RAINBOW

Advanced Beginner – PURPLE

Intermediate – YELLOW

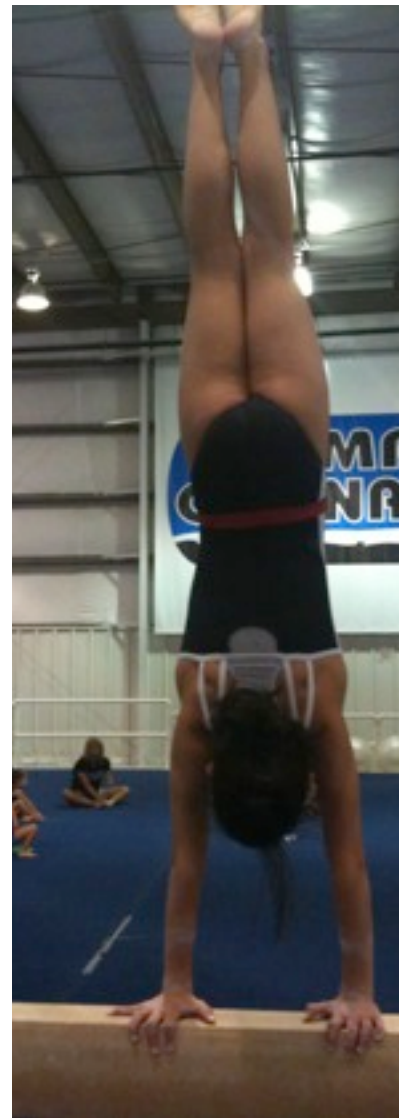
Advanced – GREEN



SECOND – EARN THOSE STARS

Once the children have earned their belt, they will work to master the various gymnastics skills at their current level. Each level has a different set of skills that progressively get more difficult with each level. To measure their success we have STAR WEEK!

On Star week (about every 6 weeks) we test the skills that we have been working on to see what your child has mastered. "Mastered" means you child can do it 3 times in a row! If your child has mastered a skill they will earn a star to place on their belt. They stars should be sewn onto their belts. When the child has earned at least 90% of their stars, then they know they are ready to move to the next level and get a brand new color belt! All star skill sheets for each can be found online at



Come Join Us for our next OPEN GYM :

Come practice on the gymnastics events YOU want to do and the skills you want to achieve! All events will be supervised!

Open Gym is available for any level gymnast. All team (Level 3-10), pre-team and recreational students!

WHEN: SATURDAY, SEPTEMBER 24TH & OCTOBER 29TH (1:30-3:30)

WHO: AGES 5 AND UP

COST: \$25

HOW: SIGN UP IN ADVANCE AT THE FRONT OFFICE

HOW: SEND YOUR CHILD WITH A SNACK IF SHE NEEDS ONE. WE WILL NOT PROVIDE ANY FOOD OR DRINKS

Make up Classes:

In the event that your child misses a class due to illness, vacation, etc, you may sign up for a complimentary FRIDAY make-up class.

School Age

4:00-5:00

Preschool

5:00-5:45

Please sign up in advance to guarantee your spot!

Make up classes are not offered for days that we are closed for holidays.

There are no make up classes available for gymnasts on a team or preteam.

Birthday Parties:

- 1 hour of gymnastics, trampoline, obstacle Course, parachute, inflatable bouncy house and games
- 1/2 hour for cake and presents
- Tables, table cloths & chairs
- Inflated Balloons
- Ultimate Gymnastics water bottle for each guest (great to put candy in for a "goodie bag")
- A **FIRST PLACE MEDAL** and a brief awards ceremony for the birthday girl/boy
- Gymnastics Invitations

Party Times:

Friday - 1:30am

Saturdays - 1:30pm or 3:30pm



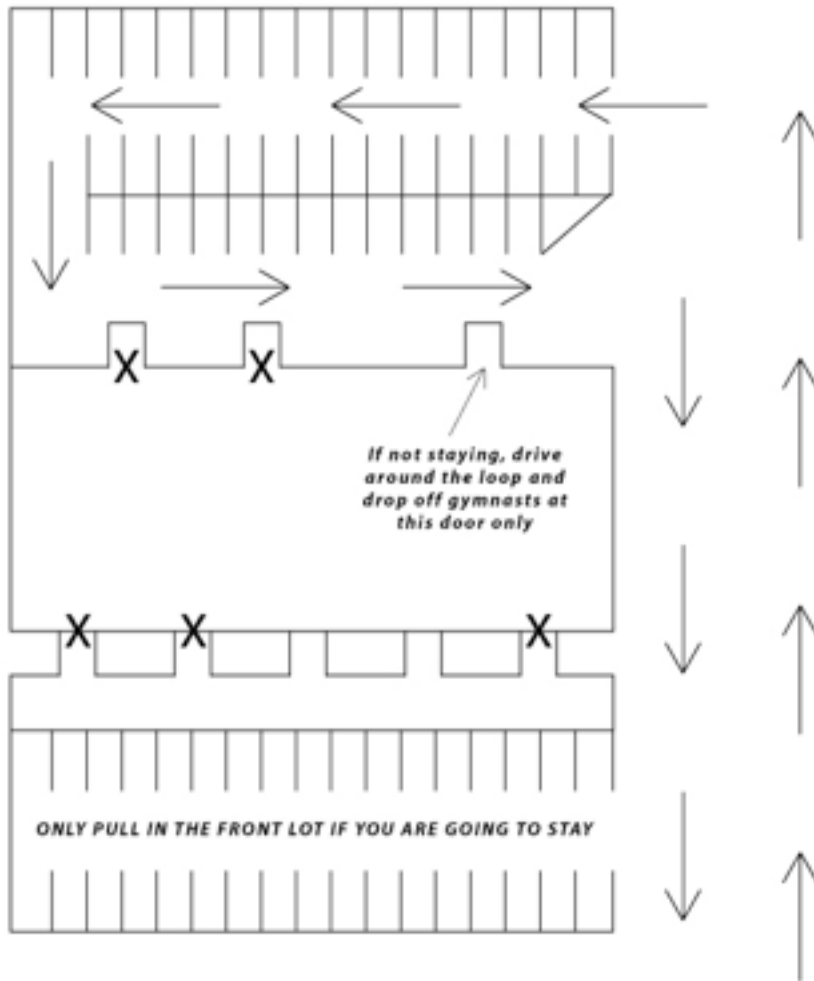
Birthday Parties are available upon request. If you would like a party email us at ultgym1@yahoo.com your Date and Time preference. Please give us 2 options.

ULTIMATE DROP & DRIVE

To insure the safety of our customers we would like all parents who are dropping off their child and NOT staying to watch their child's gymnastics; to PLEASE use the drop and drive plan shown. This will help the flow of traffic during our busiest hours and allow everyone to have a better parking lot experience.

Parents who are not parked in a parking space will be towed & PLEASE save our handicap spots for those with true disabilities.

Thank you in advance for your cooperation!



NO MORE LATE FEES:
A Monthly Automatic Draft is available for no additional fee. To have your child's monthly tuition automatically applied to your Master or Visa Card stop by the desk and fill out an Authorization Form or [click here](#) to print one! These forms have to be updated annually. If you were on automatic draft last year and would like to continue to be in this program, you will need to fill out a new form and turn it into the front desk.

Ultimate Gymnastics has installed surveillance camera's in our parking lots and inside our facility for you and your child's safety!





BRING A FRIEND PASS

Give this pass to a friend & they can join you for class! Gymnastics is fun but it's even more fun WITH A FRIEND!

Our recreational students can now bring a friend (close in age) with them to share the "Ultimate Gymnastics Experience"! This pass will allow your friend to attend 1 FREE class with you (between August and December)!

The following information must be filled out and signed by the friend's parent.

NAME OF FRIEND YOU ARE JOINING TODAY: _____

CHILD'S NAME: _____ DOB: _____

PARENT'S NAME: _____

ADDRESS: _____ PHONE: _____

In consideration of participating in any program at Ultimate Gymnastics Center I represent that I understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such an activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the activity. I hereby release, discharge, and covenant not to sue the above said Ultimate Gymnastics, its respective managers, administrators, directors, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, or damages on my account.

ASSUMPTION OF RISK: Participation in gymnastics involves motion, rotation, and height in a unique environment and as such, carries with it a degree of risk. Catastrophic injury, paralysis, or even death can result from conduct of the activity. I hereby accept and assume such risks and responsibility for any losses and/or damages arising from any illness, injury, disability, paralysis or death of the above-named participant, however caused and whether caused in whole or in part by the negligence of Ultimate Gymnastics Center, its owners, coaches, or employees.

I have read the RELEASE and WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding shall continue in full force and effect.

PARENTAL CONSENT

AND, I THE minor's parent and/or legal guardian, understand the nature of the above referenced activities waive and release any and all rights against Ultimate Gymnastics Center, its respective administrators, directors, agents, officers, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, injury, or damages that may be suffered by me or my children (minor) in connection with our association or entry in gymnastics, or other activities sponsored by Ultimate Gymnastics Center, LLC.

Parent Signature _____ Date: _____

BRING A FRIEND RESERVATION

BE SURE TO CALL US AT LEAST 1 DAY AHEAD OF TIME TO NOTIFY US THAT YOU WILL BE JOINING YOUR FRIEND FOR CLASS SO WE CAN ADD AN ADDITIONAL INSTRUCTOR TO THE CLASS IF NEEDED (770-623-8212)

All individuals are limited to one free class per calendar year. In the event you would like to return, payment for participation is required.

ULTIMATE RULE REMINDERS

The following rules are to help insure every gymnast's safety and happiness.

#1 - ALL SPECTATORS MUST REMAIN IN THE UPSTAIRS VIEWING AREA! Spectators are not allowed past the white rails. Our insurance policy only allows children under the age of 18 and Ultimate Gymnastics Employees to come out on the gym floor. If you need to speak with your child or instructor, please come to the front desk and we will bring him/her to you.

We have been having a very difficult time getting our parents to watch class from upstairs. The lobby is NOT a hang out area. **It is also important that you do not hang over the wall or rails in an effort to assist in instructing your child.** Please understand that when a parent is viewing from downstairs, it is a distraction to the coaches and students. Also it is a safety hazard. In order to keep our students safe and progressing, parents must view from upstairs.

#2 - DO NOT LEAVE CHILDREN UNATTENDED! Parents please control your child's behavior when she is not with her instructor. This includes gymnasts and siblings. Often parents allow their children to run around upstairs in the viewing deck and/or downstairs in the lobby. There is no running, jumping, heelying or horseplay allowed anywhere at Ultimate Gymnastics. All activities must take place on the gym floor.

Parents please pick up and drop off your child for his/her class **on time**. It is a distraction when your child arrives late to class. After your child's class is over their instructor will immediately begin another class. If you are not there to pick them up they will be left unsupervised. We understand that there will be rare circumstances when you will be late. Please call the front desk if you will be late for pick up. We will have your child wait in the front office until you arrive.

Parents, please keep your children off of the white rails. They are made of plastic and are not very sturdy. The rails are designed to create a barrier between the walkway and the gymnastics area. They are not for sitting, climbing or hanging.

#3 - GYMNASTS ARE NOT ALLOWED ON THE EQUIPMENT WITHOUT AN INSTRUCTOR! Your child must have an instructor present before proceeding past the white rails. We want to ensure the safety of our gymnasts.

#4 - HELP US KEEP ULTIMATE CLEAN! Please remind your children to clean up after themselves when they make a mess. If your child spills something and needs assistance cleaning up please ask the front desk for help!

#5 - GYMNASTICS ATTIRE MUST BE WORN IN CLASS! All of our female gymnasts must wear a leotard and bare feet. Our tumblers and male students are to wear a leotard or shorts without buttons, snaps, and zippers, or pockets and T-Shirt. Long hair must be pulled back. Be sure to remove all jewelry, shoes, socks and tights before entering the gym floor.

Ultimate Gymnastics is
a proud sponsor of...

**Chattahoochee
Elementary**

**Parsons
Elementary**

What is the room behind the restrooms that my child goes to for 15 minutes?

There is an additional room behind the restrooms that our gymnasts go to practice their floor or beam skills. In this room we have gymnastics equipment set up where our gymnasts are learning various skills. Not only is this room fully air conditioned but it's quiet! This allows our gymnasts to learn with NO distractions. We have our gymnasts' undivided attention in this room. Although they only spend 15 minutes in the room; it is their 15 minutes of independence and quiet structure. You are unable to view this room from upstairs, but if you are curious as to what is in this room, you are welcome to take a peak from the outside window before or after your child's class.