

# Class Descriptions

## Preschool Gymnastics (45 minute classes)

**Tiny Twisters (16 mo. - 3 yrs.)** – Learning to develop large motor skills through play which stimulates language, thinking and creativity. This is a parent assisted class.

**Tiny Twisters II (26 mo. - 3 yrs.)** – Parent assisted class, with less free reign, that allows for an easier transition into Cyclones.

**Cyclones (3 yrs.)** – Helps develop large and small motor skills, group interaction and learning to follow instructions in an atmosphere of color, music and fun.

**Tornados (4-5 yrs.)** – Development of motor skills and eye-hand coordination in a colorful, fun atmosphere. Basic introduction on bars, beam, vault, tumbling and trampoline.

## Girls Recreational Class Descriptions (Ages 6+)

**Typhoons (Kindergarten)** – Introduction to basic and intermediate gymnastic skills using fun and cooperative skills. This class is designed for boys and girls. (60 min.)

**Beginner** – Activities include tumbling, trampoline, uneven bars and balance beam. Also learns gymnastics terminology and safety awareness. (60 min.)

**Advanced Beginner** – Newly Added, This level adds skill progressions intended to make the transition to intermediate smooth and fun. (60 min.)

**Intermediate** – This level builds upon the previous skills learned in tumbling, trampoline, uneven bars and balance beam. Students are introduced to the tumble track and vault. (60 min.)

**Advanced** – This course emphasizes progressions of skills in tumbling, trampoline, balance beam, uneven bars, tumble track and vault. (75 min.)

**Elite (Age 7+)** – The focus for our elite class is to prepare students for high school gymnastics. It is required that all elite students register for two classes per week. 1 hr. 45 min.

**Jr./Sr. High School Training (7th Grade+)** – 1 or 2 times per week for 2 hours. This is a class for girls who are training for their high school team or training in the off season.

## Trampoline & Tumbling - Girls and Boys ages 6 and up

The sport of Trampoline and Tumbling is for every child who loves to run, jump and have fun. Physical benefits include speed, strength, balance and spatial awareness. But the real value is in the mental benefits such as confidence, discipline and attention to detail. Unlike gymnastics, T & T appeals to a wide variety of body styles and requires considerably less training time, even at the top levels. With over 6500 members ranging in age from 5 – 45 years old competing in over 40 states, Trampoline and Tumbling is an exciting and growing activity for children and was an official Olympic Sport at the 2000 Sydney Games.

**Beginner** – Introduces tramp and tumble aspects that include: trampoline safety, trampoline technique, body awareness and power tumbling. (60.min.)

**Intermediate** – Must have passed all beginner tramp and tumble skills or have auditioned and been accepted to start in this class. This class builds on skills learned previously. (60 min.)

**Advanced** – Proper twisting and flipping technique is the focus of this class. Must have passed intermediate.

## USAG Girls Competitive Teams (by invitation only)

## Policies



### **Joining a class after the session commences**

This is not a problem as long as there is a vacancy. Tuition will be prorated relative to your start date.

### **Dropping a class or changing programs**

If you cancel a class registration before one week prior to the session start date, a \$10.00 per course processing fee will be deducted from your refund. All cancellations need to be in writing. If you cancel a class registration within one week prior to the session start date, a \$10.00 per course processing fee and 50% of the course fee will be withheld from your refund. No refunds on or after the session start date will be granted. The Annual Registration fee is NON-REFUNDABLE. If Perpetual Motion must cancel a day of lessons for any reason, you will receive a credit good towards open gym which must be used during the session the class was missed. Classes missed the last week of the session will receive credit towards open gym which needs to be used during the first week of the next session or at the next open gym. Office staff must be notified to arrange open gym participation. If Perpetual Motion cancels a class due to low enrollment, you will receive a full refund. Once a session has commenced you are in class for the entire session, regardless of attendance, except for Medical Reasons (see below).

### **Medical Reasons for dropping a class**

For medical situations validated by a written acknowledgement from a licensed medical practitioner you will be granted a credit prorated from the date we receive the written acknowledgement. A retroactive request for medical credit cannot be granted, as it eliminates our opportunity to fill the vacated class spot.

### **Absences and Make ups**

We offer make-ups when and where doing so does not interrupt the safety or quality of classes. One make-up per session is allowed and must be prescheduled at the front desk. All absences must be made up in the same session. In the event of an absence the last week of the session a make up into the next session will be permitted if you have registered into the next session. We offer an extra make-up for any classes cancelled due to a holiday.

### **Valuables**

Valuable items should not be brought to the gym. Perpetual Motion is not responsible for lost or stolen items.

### **Inclement Weather**

In the event of a closing, we will leave a message on our answering system and make every effort to inform KARE 11. We are unable to base our closings on a school district's schedule due to the various districts our students attend.