



# 11 - 12 School Year - Kindergym

Student: \_\_\_\_\_

Coach(es): \_\_\_\_\_

## Welcome to the 2011-2012 School Year Session at Altius!

We believe that participation in gymnastics and cheerleading puts children on a life-long path to fitness; students learn coordination, balance, flexibility, strength, perseverance, and self-confidence. Classes at Altius are a great foundation for success in future athletic endeavors and for life in general!

Our coaches and staff are always "striving higher" to make sure every child gets the fullest benefit out of their experience at Altius. Please feel free to leave a message at the front desk if you have questions for your child's coach. Thank you for choosing Altius for your school year activities!

**Manage your Account ONLINE by logging into our customer portal at [AltiusGymnastics.com](http://AltiusGymnastics.com)**

### Gym Procedures

- Hair must be neatly pulled back in a pony tail.
- Large scrapes, cuts, and warts should be covered with a band-aid & tape before coming to Altius.
- Please take children to the bathroom before class begins.
- Actively supervise children in the waiting area. Children are not allowed outside of the building unsupervised.
- **Parents of Kindergym students are asked to wait inside the building to assist their children with bathroom breaks during class.**

### Attire

We find that when students come dressed & groomed appropriately, they are prepared to pay attention & use their class time effectively. Kindergym students: Leotard or gym clothes, bare feet, hair in a full ponytail. No skirted leos please - they are a safety hazard.

*Our Pro-Shop offers a wide selection of leotards, cheer clothing, and warm-up apparel. Can't find your size? Many items can be special ordered!*

### Attendance and Make Up Policy

You do not need to call Altius if you are going to miss a class. Coaches take attendance at the start of each class. Please call to schedule a make up after you have missed and your child is feeling better.

### Progress Reports & Promotions

Kindergym students are promoted based on age. Once your child has reached the appropriate age, a promotion certificate and ribbon will be sent in the mail. Contact the office to change your child's class after you've received the promotion packet.

### Kindergym

Altius runs a theme-based Kindergym Program. Themes enable children to relate things they learn in gymnastics to the outside world, and keeps skill repetition interesting. Themes rotate every two weeks.

The Kindergym curriculum is designed to develop age-appropriate physical fitness activities along with fundamental gymnastics skills. Some class activities are intended to facilitate social interaction, teamwork, and creativity. Numbers, colors, and letters are also reinforced during class.

Each lesson plan covers four events circuits; vault, bars, beam, and floor. The lesson plan adapts skills to the theme and varies slightly to challenge each age group. Lessons contain a mix of gymnastics skills - handstands, rolls, cartwheels, etc. - and fundamental motor skills such as throwing & skipping.

### Safety First

Kindergym students are reminded of four class guidelines: 1. Use your Eyes, 2. Use your ears, 3. Stick together, 4. Be a good friend. Children demonstrating unsafe behavior to themselves or others will be removed from the activity.

Please be safety conscious at all times. Be aware of uneven surfaces throughout the gym, especially the location of foam and mat pits.

The Staff and Coaches welcome you to Altius and are excited to start another great year!

## Upcoming Parents' Night Outs

December 17, January 21, February 25,

March 24, April 21, & May 19

6:00 - 10:00pm, ages 5 - 12

\$23 per child / \$17 per sibling\* pizza included

\*\$3 additional within 48 hours of event.

## Birthday Parties - Have Buckets of Fun!

Don't have 10+ kids running through your home, let Altius do the work instead! Altius host parties on Saturday and Sunday afternoons for boys & girls ages 4 - 12. Parties include one hour of gym activities lead by a coach, followed by 30 minutes in the party room to eat cake and open presents. Altius provides the set up, clean up, invitations, paper products, sports beverage, and a goodie bag for each child.

**Register for PNO's & Parties ONLINE through the Special Events Calendar Link!**

### Guidelines for A Happy SPARKS Experience

Welcome to SPARKS at Altius! Gymnastics is a great activity for young children to bond with their caregivers, interact with other adults and children in a safe environment, and develop fundamental motor skills. Please follow the guidelines below to get the most out of your Sparks experience:

1. Only one "Big Person" is allowed in the gym with each child. Please stay within arms reach of your child at all times. Only go on equipment if instructed to by the coach.
2. Watch and listen to the coach, your child is more likely to pay attention if they see you paying attention.
3. Promptly remove a crying child from class. Return when he/she has calmed down. Often when one child gets upset, it upsets the entire class.
4. Spot children at their center of gravity. Hold by upper arms, not hands. Ask the coach if uncertain how to spot.
5. Adults are NOT allowed on trampolines with children. Kneel or stand on the boarder of the trampoline to assist if needed.

**HANG IN THERE!** Often by week 4, the "lightbulb" goes on for your child and they are willing to begin to participate more actively. Even if the child is not participating, they are learning social skills and taking instruction.

### FLARES & FLAMES Considerations

Sigh of relief...your child is now 3 and can join a Flares class by themselves...unfortunately, not so fast. Flares students must be able to take instruction, stay with the group, and cooperate with other classmates to ensure a fun safe learning environment for all. If a child is unable to do class alone after 4 weeks, they may be asked to return to a Sparks class.

Flames students are promoted to Class One around age 5 1/2. In addition to age, coaches watch for good behavior and ability to work independently before promoting a child to Class One.

### Refer-A-Friend Program

We really appreciate when you spread the good news about Altius! Pick up a Refer-A-Friend coupon at the front desk or print one off our web site.

### Friends of Altius Program

Expose your business to over 600 Altius families - become a Friend of Altius! Benefits include; a listing of your business in our monthly newsletter, a link on our web site, the opportunity to display brochures and business cards, and a 2x3 ft. banner hanging in our office area. Contact Jane through the front desk.

### FAQ's about Online Account Management

**First Time Login:** Go to [altiusgymnastics.com](http://altiusgymnastics.com). Click on "Login to customer portal." Click on "I don't know my password." Enter the e-mail address Altius has on file for your account; a temporary password will be sent to you. Login with the temporary password; you can then set a permanent password through the portal.

**My schedule has changed...How can I change classes?** Through the "I want to..." drop down menu at the top of the portal, please select "contact the office." You can then send our office a message requesting the class change. We will process your request or contact you if the class is full to make other arrangements.

**How can I sign up for auto-charge?** To have your tuition automatically charged to your credit card on the 15th of the month, please enter your credit card information under billing information. Then select "Withdrawn on the 15th" next to Automatic Tuition Payment Options.

**How do I receive my statements?** Statements for the 11-12 School Year will be e-mailed to the address you have provided. If you would prefer to receive statements in the mail, change your statement delivery preference to "snail mail" under account settings or please contact Altius directly in person or by phone.

**You can make a payment online at any time with a credit card. Simply select "make a payment" from the drop down menu.**