



11 - 12 School Year

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

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. Please see the clothing guidelines for your child's class in the next column.

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

Progressive gymnastics students are promoted based on skill level and/or age. Once your child has reached the appropriate skill level, 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.

Cheer Fundamentals

Cheer Fundamentals classes introduce students to the major areas of cheerleading: stunting, motions, jumps, and tumbling. Students learn to work together to successfully perform short routines. **Cheerleaders should wear clean athletic shoes, shorts, and a t-shirt with hair pulled back to class. No jewelry please.**

Progressive Gymnastics

Gymnastics classes follow USA Gymnastics guidelines. Our curriculum is designed to be progressive; class 1 & 2 skills build into skills for class 3 & 4. For example, a backward roll down the hill builds into a back roll on floor, into a straight arm back roll down hill, then a straight arm back roll on floor. The progressive nature of gymnastics allows coaches to instruct multiple skill levels in one group.

Girls should wear leotards with hair neatly pulled back in a full ponytail. Bike shorts are allowed. Pajama pants and t-shirts should be removed after warm up.

Boys wear gym shorts and a tucked-in t-shirt. Pants should not drag on the floor. No socks, please.

Safety First

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!

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.

Welcome New Coaches!

We've added a number of new faces to our staff!

Andrea Zalim: former Altius Level 9 gymnast, UW-Oshkosh gymnast, and assistant UW-Oshkosh coach. Andrea will be working with Kindergym, Girl's Classes and Team.

Jackie Wild: Jackie comes to Altius from Kansas City. She has an extensive background in dance as well as gymnastics. She will be teaching our Home-school class, Kindergym, and Girl's Classes.

Laura Schieble: former Altius gymnast and coach. Laura is completing her final year of physical therapy school and is back to coach part time! She will be teaching Girl's Classes.

Katrina Armoto: After a moving a year and a half ago, Coach Katrina is back from Texas. We are excited to have her coaching Kindergym and Girl's Classes.

FAQ's about Online Account Management

First Time Login: Go to 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.