



WELCOME TO THE 2018-2019 SCHOOL YEAR SESSION AT ALTIUS!

We believe that participation in gymnastics and tumbling 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!

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.

The following items are not allowed:

Bare mid-drifts, leos with skirts, socks, large earrings, necklaces, baggy clothing

- Kindergym students wear a leotard or gym clothes, bare feet, hair in a full ponytail.
- Girls wear leotards with hair neatly pulled back in a full ponytail. Bike shorts are allowed.
- Boys wear gym shorts and a tucked-in t-shirt. Pants should not drag on the floor.
- Tumbling students wear clean athletic shoes or bare feet, shorts, and a tight fitting shirt with hair pulled back.

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

ATTENDANCE AND MAKE UP POLICY

Altius allows one make-up per month if needed. Make ups should be scheduled within 4 weeks of the missed class.

You do not need to call to report an absence. After your child has missed a class and is in good health, you may call to schedule the make up. Once a make up is scheduled, it may not be re-scheduled. Please note that you are paying for a time slot in a class whether your child attends or not. Prorating due to missed classes is not allowed.

CUSTOMER PORTAL GUIDE & SKILL TRACKING

The customer portal can be accessed from the Altius website or downloading the Altius App! You can check your schedule, pay your bill, and sign up for classes and events.

New for this year, you can access your child's skill tracking through the regular customer portal! There's no need to visit a separate site. Now when you view your child's information you'll see a new section called Skills. These skills will stay with your children throughout their time at Altius.

Children in combined classes (Girls Class 1-2, Boys Class 3-4, Flares/Flames Combined, etc.) will have skills for both groups listed. They will only be tested for the skills required by their current level. IE, girls in Class 1-2 won't be tested on level 2 skills until they complete their level 1 requirements.

Skill Started will either be the date that the child enrolled in the class, or their first day of class.

Skill Tested will be the date that the skill was tested in class. Our lesson plans arrange for testing dates every 6-8 weeks. *Skill Attained* is the date that your child achieved proficiency in that particular skill.

Students are promoted in progressive classes (age 6 & up) once they have attained 80% of their skills.

Students in Kindergym and Beginner classes will still be evaluated, but promotions are based primarily on age.

[CLICK HERE FOR THE CUSTOMER PORTAL](#)

[THE ALTIUS APP IS AVAILABLE FOR BOTH APPLE AND ANDROID PLATFORMS. JUST SEARCH THE APP STORE!](#)

SAFETY FIRST

All 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.

KINDERGYM

The Kindergym curriculum is designed to develop age-appropriate physical fitness activities along with fundamental gymnastics skills. Numbers, colors, and letters are also reinforced during class. Themes enable children to relate things they learn in gymnastics to the outside world, and keeps skill repetition interesting.

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.

Kindergym Age Levels

Sparks - 1 year olds

Sparklers - 2 years old

Flares - 3/4 year olds

Flames 4/5 year olds

Beginners 5/6 year olds

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 Sparklers class. Flames students are promoted to either Beginner or Class 1. In addition to age, coaches watch for good behavior and ability to work independently before promoting a child out of Flames.

GUIDELINES FOR A HAPPY SPARKS & SPARKLERS EXPERIENCE

Welcome to SPARKS & SPARKLERS 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 or Sparklers 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.

Sparks (1 year olds) classes will feature approximately 25 minutes of coach-lead instruction followed by 10 - 15 minutes of open exploration in the Kindergym area.

Sparklers (2 year old) classes will follow the same format as our previous parent-child classes; warm up, 3 event circuits, and trampoline time at the end of class.

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

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.

Novice 1-2 and Advanced 3-4 classes offer a separate level track for girls ages 9 & up. Gymnasts in these classes benefit from individualized instruction at a faster pace than our Class 1-4 program.

GIRLS IN-HOUSE LEAGUE

In-House is a competitive gymnastics league for girls ages 6 & up in Class 1-4, Novice 1-2, and Advanced 3-4. League gymnasts practice and learn routines to perform at a series of in-house meets. Routines are based on USA Gymnastics Xcel Program Bronze & Silver guidelines. Participation in the League requires registration in both a regular skills class and the league practice night.

TUMBLING CLASSES

Tumbling classes are co-ed and work towards individual goals including round offs, walkovers, aerials, and hand-springs. Coaches use trampolines, foam pits, and spotting belts to teach skills in a safe, progressive manner.

GYM NINJA CLASSES

Students work on a variety of rolls, jumps, strength, and obstacle course training in a disciplined and focused setting. Class features: Warped wall, hanging wood grips, countless mat obstacles, trampoline, daily challenges, and strength.

ALTIUS INFORMATION:

Office Hours: Monday - Wednesday, 9am - 9pm;
Thursday, Noon - 9pm; Sat, 9am - 12pm
414.421.1200 altius@altiusgym.com
Like us on Facebook & Instagram!