

GYM

ACTIVE.

WHERE LEARNING MEETS PLAYTIME!

2022 2023

(MONDAY & WEDNESDAYS)

GYMACTIVE PROGRAM

What is GYMACTIVE?

The GymActive program at RPGA is just as it sounds: ACTIVE! Studies have shown that children who are active have better focus ability as well as memory retention. Movement increases blood flow to the brain and in return, helps build stronger mental clarity. This is what sets us apart from a typical preschool learning program. Our large facility, ample equipment, and our low student/teacher ratios are a prime setting for children to learn through gymnastics activity.

Our students will work on many areas of preschool development through the sport of gymnastics. Along with gymnastics skill work, areas of focus will be large motor skills, muscle function and terminology, spatial awareness, hand/eye/foot/ coordination, balance, strength, flexibility, and body awareness.

****REFLEX GYMNASTICS is a licensing-exempted gymnastics skills program.***

We are NOT a State Licensed program or facility*

GYMACTIVE PROGRAM

TUITION

Monday/Wednesday - \$190/month

9:00 a.m. – 2:00 p.m.

Registration Fee - \$100

(Tuition includes instructional gymnastics classes)

Options:

3 days week - \$275/month

(Please ask about our GYMACTIVE/SPROUTS combination options)

4 days week - \$360.00/month (Two days Sprouts, Two days GymActive)

GymActive Daily Schedule

All Activities throughout the day will have a theme of the week ***Subject to change***

9:00 a.m. – Good morning friends! Exploration stations (Open Gym)

9:20 a.m. – Wake up your muscles (musical warm up and movement exercises), Stretch it out (flexibility), Memory (muscle, positions, and skill terminology)

9:45 a.m. – Snack and restroom

10:05 a.m. – Muscles in motion (large motor skill circuit training)

10:45 a.m. – Restroom break

11:00 a.m. – Team building and strength time

11:30 a.m. Lunch

12:30 p.m. – Fine motor work

1:00 p.m. – Structured gymnastics

1:48 p.m. - Free play

1:55 p.m. – Prepare to leave

2:00 p.m. – so long... farewell... see you next class day!

PARENT ORIENTATION

CALENDARS – Please see attached calendar of yearly events. Reminders will be sent home.

STUDENT FOLDERS – Each student will have a folder that will consist of all the work done for the day and/or any school information being sent home. PLEASE REVIEW AND EMPTY YOUR CHILD'S FOLDER ON A REGULAR BASIS. These folders need to be put in your child's backpack and returned on your child's next school day.

SPECIAL EVENTS – Special events are noted on your yearly calendars. We will also send information about these days via GroupMe app and note home with your child. If changes are made to the date of special events, we will email the change to you and send home letters.

BIRTHDAYS – We love celebrating birthdays in the classroom! You may bring Bakery or Store bought cookies and cupcakes to help celebrate your child's special day! **(NUT FREE)**

INCLEMENT WEATHER – In the event of unforeseen extreme weather we may choose to cancel class or ask you to pick your child up early. Your child's safety is our main concern, as well as the safety of our teachers. The weather alerts/closings will be posted on our website. We will always try and give you as much notice as possible!

WATER BOTTLES – All students are to bring reusable sport-like closeable water bottle to school **EVERYDAY**. We will refill their water bottles as needed. They will use this water bottle during snack time and throughout the day. Please make sure and have student's name on their water bottle. NO juices or sodas please.

SNACK – All students are to bring a nutritious snack to school **EVERYDAY**. **(NUT FREE)**

LUNCH – All students are to bring a lunch to school **EVERYDAY**. This needs to be a lunch that doesn't need to be refrigerated or heated up in the microwave. We do stress to the children that a good portion of their lunch needs to be finished first before eating their dessert. We are a NUT-FREE environment, please refrain from putting any nut products in your child's lunches!

EMERGENCY PROCEDURES – During the year the children will be performing safety drills in the event of a fire, tornado or a security lockdown. Parents will be notified as soon as possible by email or cell should the situation ever occur.

DROP-OFF/PICK-UP – Drop-Off is no earlier than 8:50 a.m. each day. We will implement a car line drop off until 9:10 a.m. each day. If arriving after this time, you must park and walk your child into class. The car line will also be implemented during pickup.

BRINGING TOYS – We will have special days throughout the year to bring things from home. Please refrain from bringing toys from home unless requested!

CHILDREN'S ATTIRE – Gymnastics is a part of your child's curriculum along with sports play. Please remember when dressing your child (girl) if wearing a dress that she wears shorts under it. Zippers and buckles are not comfortable to the children while doing gymnastics – plain elastic shorts or pants are great! Children will be taking shoes off/on throughout the day...flip flops, slip-ons, Velcro-fastener shoes are much easier for the children to take off and put back on!

RESTROOM BREAKS – Several restroom breaks are scheduled during the day. Children must be fully potty trained to participate in the GymActive program, but we do understand an occasional accident. Please make sure an extra set of clothes remain in your child's backpack for the entire school year!

“GymActive” Program

THEMED MONTHS

Below is a list of the themes for each month. Also provided are dates for special events, parties and days we do not have school.

September:

Sept. 7th **Back – to – school/Safety week**

October:

Fall/Harvest/Pumpkins

Oct. 26th Fall Festival

November:

Family/Thankful/Thanksgiving

Nov. 16th Turkey Trot

Nov. 21st - 25th Thanksgiving Break (NO SCHOOL)

December:

Winter/Christmas

Dec. 14th Santa Showcase

Dec. 19th - Jan. 3rd Christmas Break (NO SCHOOL)

January:

“I can”/Health & Happy New Year Healthy Habits

Jan. 4th Normal Classes will resume

February:

Heart Health

Feb 15th Heart Helpers Cartwheen-a-thon

March:

Texas/Rodeo

March 8th REFLEX Roundoffs and Rodeo (Lunch provided)

March 13th -17th Spring Break (NO SCHOOL)

April:

Flowers/Spring/Easter

April 5th Funny Bunny Relays

May:

Summer Time/Year End Program

May 24th End of year picnic

REFLEX

PEARLAND GYMNASTICS ACADEMY

GYMACTIVE REGISTRATION FORM 2022-2023

STUDENT INFORMATION – PLEASE PRINT			
STUDENT NAME:	M / F	DOB:	
STUDENT NAME:	M / F	DOB:	
STUDENT NAME:	M / F	DOB:	
STUDENT NAME:	M / F	DOB:	
ALLERGIES:	PLAN OF ACTION:		
WHO:			
FAMILY INFORMATION – PLEASE PRINT			
PRIMARY GUARDIAN:	RELATIONSHIP:		
PHONE #:	Texting Opt-In: <input type="checkbox"/>	EMAIL:	
SECONDARY GUARDIAN:	RELATIONSHIP:		
PHONE #	Texting Opt-In: <input type="checkbox"/>	EMAIL:	
ADDRESS:	CITY:	ST:	ZIP:
EMERGENCY CONTACT:	PHONE #:		
ACKNOWLEDGEMENT OF RISK			
<p>I/WE fully understand that gymnastics, cheerleading and tumbling involve motion and height... and that any physical activity, including gymnastics, tumbling and or cheerleading, that involves motion and or height can result in serious permanent injury and disability or death.</p> <p>PERMISSION TO PARTICIPATE – with knowledge of the risk of possible injury, disability, or death from participation in gymnastics, tumbling, and/or cheerleading. I/We the Parent(s)/Legal Guardian(s) of the person of the student(s):</p> <p>1) _____ 2) _____ 3) _____</p> <p>do hereby grant permission for the student to participate in gymnastics, tumbling, and/or cheerleading REFLEX The Pearland Gymnastics Academy.</p> <p>ASSUMPTION OF RISK AND RELEASE FROM LIABILITY – I/We hereby assume all risks for the student’s personal injury, including disability, and/or death, sustained by the student while participating in gymnastics, tumbling, and/or cheerleading at REFLEX The Pearland Gymnastics Academy, its officers, directors, supervisors, instructors, and employees of and from any and all liability any of them may have for any injury, including disability and/or death, sustained by the student without limit and without regard to the cause or causes thereof or the negligence of any party or parties.</p> <p>CONSENT TO MEDICAL CARE – I/We do hereby authorize any adult officer, director, supervisor, instructor, or employee of REFLEX The Pearland Gymnastics Academy who has care and control of the student to consent to any medical treatment of the student when I/We cannot be contacted pursuant to 35.01 of the Texas Family Code which, in judgement of any prospective treating doctors, is immediately and medically necessary to treat any injury sustained by the student.</p> <p>IDEMNITY AND HOLD HARMLESS – I/We do hereby agree to indemnify REFLEX The Pearland Gymnastics Academy, its officer, directors, supervisors, instructors, and employees, and hold them harmless from any claims, demands, causes of action made against them or expenses they may incur in connection with any injury, including disability and/or death, sustained by the student or in connection with any medical care received by the student.</p>			

BILLING, POLICIES & SIGNATURE on back →

REFLEX THE PEARLAND GYMNASTICS ACADEMY TERMS & CONDITIONS

PLEASE READ AND INITIAL EACH POLICY	INITAIL HERE		
Tuition is due at the first of each month. A \$5 discount will be taken if enrolled in AutoPay. I understand that a \$10 late fee will be charged to my account on any unpaid tuition on the 10th of the month. I understand that I must provide a credit card as a guarantee of payment.			
I authorize that ALL unpaid balances will be charged to this card on the 15th of each month. I understand these charges will include the \$10 late fee. I also understand that that if my account is 30 Days past due, RPGA has the right to drop my student from class.			
I understand that tuition will only be prorated the month of registration, if necessary. No other months will be prorated.			
I understand that there is an annual family registration of \$45 due at registration that is valid until August.			
I understand that a 30-DAY WRITTEN NOTICE is required to DROP from a class. I also understand that the notice MUST BE RECEIVED BEFORE the first class of the month PRIOR to the month dropping.			
I understand that I am responsible for tuition for the month the notice was NOT given. Notices received after the first class of the month will be processed and taken effect the following month.			
I understand that the yearly registration fee and tuition are non-refundable. Absolutely NO REFUNDS!!!			
I grant REFLEX The Pearland Gymnastics Academy, its licensees, its successors and those acting with its permission to use my child's likeness in a photograph, video or sound recording in any social media or website posting.			
GIRLS GYMNASTICS CLASS ATTIRE - leotards, soft shorts optional (no zippers or buckles), no socks, hair must be pulled out of the face. BOYS GYMNASTICS CLASS ATTIRE- soft t-shirt & shorts (no zippers or buckles), no socks. TUMBLING CLASS ATTIRE- soft t-shirt & shorts (no zippers or buckles), socks & tennis shoes, hair must be pulled out of the face.			
I understand that classes with 2 or fewer students in attendance for the day will end 10 minutes early and that instructors are subject to change without notice.			
I understand that REFLEX The Pearland Gymnastics Academy will be closed on ALL major holidays, i.e. the weeks of Spring Break, Thanksgiving, Christmas & New Year as well as Labor Day, Memorial day & the 4th of July (these are subject to change).			
Students are allowed ONLY ONE make-up class per month.			
PRIMARY CARD INFORMATION			
TYPE: VISA MC AMEX DSC	EXP:		
CARD #:	CVC CODE:		
NAME ON CARD:	BILLING ZIP:		
AUTO PAY (circle one): YES NO IF YES: Your card will be charged on the last business day of the month prior. \$5 discount will be added. IF NO: You will be responsible for paying tuition every month. ALL UNPAID TUITION will be charged on the 15th of every month.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #cccccc;"> <th style="text-align: center; padding: 5px;">INITAIL HERE</th> </tr> </thead> <tbody> <tr> <td style="height: 80px;"></td> </tr> </tbody> </table>	INITAIL HERE	
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REMINDER: 30 Day Drop Notice is required to drop from class.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____