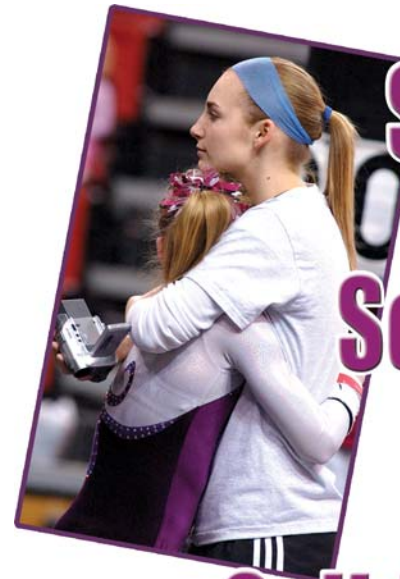


Solid Rock Gymnastics

Jan 2010 – May 2010

Class Enrollment Information



Solid Heart

Solid Teaching



Solid Fun

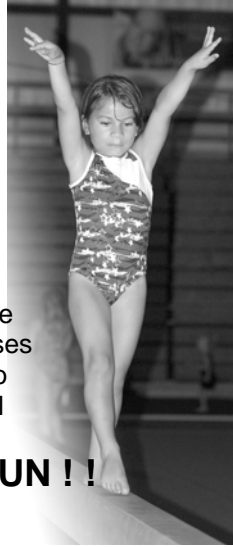


**Nebraska State Champions
Since 1998**

610 Hill St * Lincoln, Ne * 68502 * 402-476-4774
www.solidrockgymnastics.com

Why gymnastics?

- * Develops coordination
- * Improves flexibility & strength
- * Builds self-esteem & confidence
- * Provides physical foundation for all sports
- * Develops concentration & perseverance
- * Teaches discipline & responsibility



Why Solid Rock?

- * Personal, Positive Atmosphere
- * Productive, Progressive Classes
- * Lowest Student/Teacher Ratio
- * Region IV Jr Olympic National Team Training Center
- * **A WHOLE LOT OF FUN !!**

PRE-SCHOOL PLAYDAYS

Every Friday Morning

(Beginning Oct 2nd)

9:30am - 11:30am

\$5 per child

Parent supervised playtime

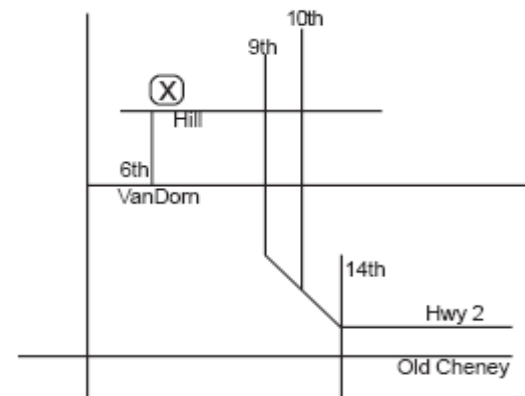
Great Birthday Parties Too!
Cost covers up to 20 kids. WOW!!
Download a brochure at
www.solidrockgymnastics.com

Mission Statement

The Solid Rock Gymnastics Coaching Philosophy believes in attaining a balance of four components.

- 1) Our coaches focus on **SAFETY**. All instructors USA Gymnastics safety certified and we use only the safest training tools available.
- 2) Our classes are **FUN**. We believe children should enjoy class and always go home with a smile. We believe in promoting a positive, healthy lifestyle.
- 3) Our coaches are **POSITIVE**. We believe in positive reinforcement and strive to praise and encourage participants and reward their effort. Each gymnast is treated with respect. We strive to be positive role models. All of our instructors were gymnasts themselves and have an excellent knowledge of the sport, but best of all, our instructors love kids.
- 4) Our classes are **PRODUCTIVE**. We believe it is important to see progress at all skill levels and in all classes. In addition to being fun, classes are designed to help gymnasts reach their full potential. Each level focuses on teaching proper basic skills and progression that lead to the next level. This is why we take great care to see that each participant is in a class that fits both by age and ability.

DIRECTIONS



610 Hill Street

From Hwy 2 (also South 9th Street)
Turn WEST on Van Dorn.
Turn NORTH on 6th Street
Turn EAST on Hill St

From Hwy 77
Turn EAST on Van Dorn
Turn NORTH on 6th Street
Turn EAST on Hill St

Enrollment and Payment Policy

Session Dates

Session 1 = Aug 31 – Sep 26
Session 2 = Sep 28 – Oct 24
Session 3 = Oct 26 – Nov 21
Session 4 = Nov 23 – Dec 19

Session 5 = Jan 4 – Jan 30
Session 6 = Feb 1 – Feb 27
Session 7 = Mar 2 – Mar 27
Session 8 = Mar 29 – Apr 24
Session 9 = Apr 26 – May 22

Dates to Remember

Mon, Sep 7, Labor Day = OPEN Dec 21ST – Jan 2ND = CLOSED
Thur, Nov 26, Thanksgiving = CLOSED Mon, Jan 4 = Classes Resume

- **All Sessions are 4 weeks in length. Not by the calendar month.**
- **New Students** can enroll at any time during the month, based on class availability. Tuition will be pro-rated accordingly.

CLASS TUITION

- Tuition for **current students is due by 15th of the prior month.**
- A \$15 late fee is assessed on tuition paid after the 15th.

ENROLLMENT

- **Gym Enrollment is \$40** per gymnast. Enrollment is non refundable and covers Session 1 – Session # 9 for 2009-2010.
- **Current Students** do not need to re-enroll each month. Once enrolled, you have priority to keep your current class time for the following month provided tuition is paid by the 15th each month.

DISCOUNTS

- \$10 discount for an additional class (sibling or second class).
- \$5 discount on enrollment for each additional sibling.

HOW TO ENROLL

- Call 476-4774 to check class availability.
- Complete enrollment form indicating a first and second class choice.
- Mail or bring enrollment form along with the enrollment fee and the first month's tuition. **Full payment is required to hold class time.**
- Plan on attending your first choice unless you are notified.

Please Note:

*Classes must be more than ½ full to remain open so sign up with a friend.

*Gymnasts receive the highest quality instruction and benefit when classes are of similar age and ability. When necessary, we may discuss other class placement.

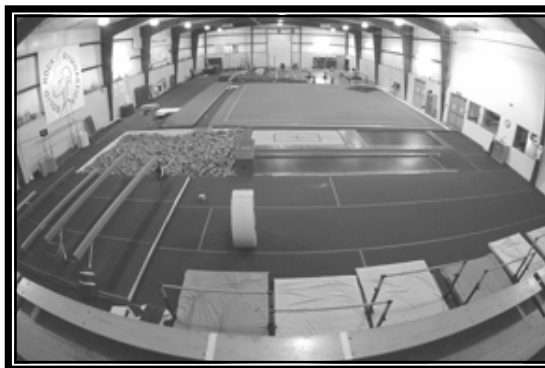
*Ask for our make-up policy regarding absences and vacations.

Solid Rock Facility

Solid Rock has a **16,000 square foot**, air conditioned facility in South West Lincoln. It is easily accessed from Nebraska Hwy 2, Van Dorn Street and Hwy 77 South. The SRG facility is not only the largest and nicest in Lincoln, but one of the best in the region.

The gym has three distinct training areas providing enough area for classes to focus on the highest quality instruction for all ages and ability levels. It is equipped with the safest, most up-to-date gymnastics equipment and training tools.

Our **Jr Gym** allows little gymnasts to better focus on fun and learning without the distractions of the larger gym. It is filled with mats and equipment specially sized for the little hands and feet of the preschool aged child.



The main facility consists of the **class gym and team gym**. These two separate areas are designed to offer the athletes the equipment and training space needed to develop their skills.

*Our **viewing area** is comfortable and spacious with plenty of room for families to watch.

***SRG Pro Shop** features leotards for all ages; as well as other gymnastics apparel & accessories.

***Flip Flop Snack Shop** is stocked with a variety of snacks and drinks for gymnasts and families. Gymnasts may deposit funds into an account or pay cash.



Tuition Rates & Length

<u>Class</u>	<u>Monthly Tuition</u>	<u>Length</u>
Parent Tot	\$65	55 Min
Preschool 1 & 2	\$65	55 Min
Preschool 3 (Adv PS)	\$110	1 Hr 10 Min
Level 1,2,3,	\$75	1 Hr 25 Min
Boys	\$75	1 Hr 25 Min

Classes times listed are each independent, once a week classes. Add a second class and take \$10 off second class tuition.

School Year Class Schedule Aug 31 st – May 22 nd					
Class	Mon	Tues	Wed	Thur	Sat
Parent Tot 2-3 yr; 6:1	6:30pm		6:30pm		
PS-1 3-4 yr 4:1	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	
PS-2 4-6 yr 5:1	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	9:00am
PS-3 By Invite		4:15pm 6:30pm		4:15pm 6:30pm	
Level-1 & 2A 6-7 yr girls; 7:1	4:15pm 5:45pm	4:15pm	4:15pm 5:45pm	4:15pm	
Level-1 & 2 B 7-10 yr girls; 8:1	4:15pm 5:45pm 7:15pm	4:15pm	4:15pm 5:45pm	4:15pm	
Level-3 7-10 yr; 8:1		5:45pm		5:45pm	
Level 1,2,3 10-14 yr; 8:1	7:15pm				
D-Team/ PreTeam 2xReqrd - 2hrs		4:30pm		4:30pm	
Boys Team Boy Lvl 1 & 2; 6-9 yr	4:15pm 5:45pm		4:15pm 5:45pm		

Are you price shopping or comparing?
We strongly encourage you to do so.
 You'll find we are lowest in student / teacher ratio, longer in most class times & are within pennies or less in class cost per minute.

Class Descriptions

All classes develop basic tumbling, gymnastic and motor skills as well as improve balance, coordination, strength and flexibility. Classes are divided by age and/or ability. Skill evaluations are done periodically to track progress and assist in class planning.

Parent Tot and Preschool classes use our 2,000 square foot preschool gym filled with equipment made especially for small hands and feet. This preschool gym is designed to be completely separate from the main gym in order to reduce distractions and promote class quality.

PARENT TOT is a structured class time for 2-3 year olds and **requires** participation and supervision by an adult to assist child from station to station. Students will begin basic motor skill development and gymnastics skills along with learning to listen, follow instruction and stay on task. Classes have one 10 minute stretching period and four 10 minute circuits, each containing 3-5 stations.

PRESCHOOL - 1 & 2 are for 3-4 yr olds or 4-5 yr old. Each class has one 10 minute stretching period and three or four circuits, each containing 3-4 stations.
Prerequisite: Must be able to attend without a parent, stay in class and follow simple instruction.

PRESCHOOL - 3 is for current 4 and 5 yr old students who have demonstrated a certain mastery of the Pre School 1 & 2 skills and show a readiness for further skill progression.
Prerequisite: By invitation only. (formerly Adv. PS)

LEVEL 1, 2 classes are for new and continuing school age students at the beginner and advanced beginner levels. Two age groups are offered (6-7yr and 7-10yr). Classes focus on developing strong basic tumbling and gymnastics skills that must be mastered in order to safely progress to the intermediate level. Classes start with a 10-15 minute stretching period, followed by 20-25 minutes circuits of tumbling, bars and balance beams. Basic vaulting drills and skills are also incorporated periodically.
No Prerequisite

LEVEL 3 is for intermediate level girls (7-10yr and 10-14yr) who have demonstrated a strong command of the level 1,2 skills and interested in further skill development. Two times per week is strongly encouraged, especially for students with the desire to move into the pre team level or those interested in our competitive program. **Prerequisite:** By invitation, skill evaluation or passed Solid Rock level 2 classes.

BOYS level 1, 2 is for beginner and advanced beginner school age boys ages 6-10. Classes focus on tumbling and apparatus specific skills on equipment specific to men's gymnastics. Boys team is by invitation only.



For students with skill levels higher than listed above, (i.e. D Team / Pre Team and Team Levels 4-10) contact the office for details.

