

# Enrollment and Payment Policy

## Session Dates

- First fall session begins Monday, August 30<sup>th</sup>.
- All Sessions are 4 weeks in length
- New Students can enroll at anytime for a currently running session based on class availability. (tuition pro-rated accordingly)
- OR New Students can enroll for the next session but no more than a week prior to the beginning of the session.
- Refer to [www.solidrockgymnastics.com](http://www.solidrockgymnastics.com) for session dates

## Dates to Remember

- Mon, Aug 30<sup>th</sup> – Fall Sessions begin
- Mon, Sept 6<sup>th</sup> – Classes ARE in session
- Thr, Nov 25<sup>th</sup>, Thanksgiving – No classes
- Dec 20<sup>th</sup> – Jan 1<sup>st</sup> – No classes, Office is open
- Mon, Jan 3<sup>rd</sup> – Classes resume

## CLASS TUITION

- Tuition for **current students is due by 15th of the month** to reserve your class time for upcoming next session.
- A \$15 late fee is assessed on tuition paid after the 15th.

## ENROLLMENT FEE

- **Fall Enrollment is \$40** per gymnast. Enrollment is non-refundable and covers the sessions from Sept 2010 – May 2011.
- **Current Students** do not re-enroll each month. Once enrolled, if tuition is paid by the 15<sup>th</sup>, your same class time is reserved.

## 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.

# SOLID ROCK

Gymnastics

## Fall 2010

### Class Enrollment Information



610 Hill St \* Lincoln, Ne \* 68502 \* 402-476-4774  
[www.solidrockgymnastics.com](http://www.solidrockgymnastics.com)

# Tuition Rates & Length

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

# 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 - A & B** 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 7-9yr). 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 (6 -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 & 3 is for beginner and advanced beginner school age boys ages 6-12. Classes focus on tumbling and apparatus specific skills on equipment specific to men's gymnastics.

**ENROLLMENT & PAYMENT INFORMATION - NEXT PAGE !!!**

Class		Mon	Tues	Wed	Thurs	Sat
PRE-SCHOOL	Parent Tot ~ 2-3 yr Max 6 students, 55 min \$65 per session	6:30pm	5:30pm	6:30pm	5:30pm	
	PS-A ~ 3-4 yr olds Max 4 student, 55 min \$65 per session	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	9am
	PS-B ~ 4-6 yr olds Max 5 students, 55 min \$65 per session	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	4:30pm 5:30pm 6:30pm	9am
	PS-3 ~ 3-5 yr old 2x req; 1 hr 10 min \$110 per session, by invite		4:15pm 6:30pm		4:15pm 6:30pm	
SCHOOL - AGE	Level-1 & 2A ~ 6-7yr girls Max 7 girls; 1 hr 25 min \$75 per session	4:15pm 5:45pm	4:15pm	4:15pm 5:45pm	4:15pm	10am
	Level-1 & 2 B ~ 7-9yr girls Max 7 girls; 1 hr 25 min \$75 per session	4:15pm 5:45pm	4:15pm	4:15pm 5:45pm	4:15pm	
	Level-3A & 3B ~ 6-10yr Max 8 girls, 1hr 25 min \$75 per session		5:45pm		5:45pm	
	Level 1,2,3 ~ 10-14 yr Max 8 girls; 1hr 25 min \$75 per session	7:15pm				
BOYS	Boys Lvl 1&2 ~ 6-8 Max 7 boys, 55 min \$65 per session	4:15pm		5:15pm		
	Boys Lvl 1&2 ~ 9 & up Max 7 boys, 55 min \$65 per session	5:15pm		4:15pm		
	Boys Lvl 3; Max 7 boys, 1 hr 25 min \$75 per session	6:15pm				
TEAM	Pre-Team, Competitive Levels 3 thru Optional, Boys & Girls, contact the office at 402.476.4774					

All sessions are 4 weeks in length