## **Gold Coast Gymnastics, Inc.**

1420 Rupp Lane, Lake Worth Beach, Fl. 33460 561-585-2700---561-586-7880 (fax)

Website: www.gcgym.com E-mail: info@gcgym.com

Space is limited!

## Summer 1:

June 1<sup>st</sup> – July 3<sup>rd</sup> (5 weeks)

9-12: Gymnastics Class Time includes: Event training, tumbling,

1-3: Fun Time Activities Includes: Challenges and many more

trampoline, open-workout, Games

## Summer 2:

July 6<sup>th</sup> -August 7<sup>th</sup> (5 weeks)

For Summer 1 & 2 classes, you may sign up for one or both Terms of classes

Yearly Registration Fee \$40.00 Individual Child \$60.00 Family Memb. \* up to 3 siblings

This schedule is subject to change.	Monday	Tuesday	Wednesday	Thursday	Friday	TUITION is for 5 Weeks
Preschool- Tumble Dragons 3yr-5yrs (Independent) 40 min class * 4 max per coach	3:30-4:10 4:30-5:10	9:30-10:10	3:30-4:10 4:30-5:10	3:30-4:10		\$ 239.40 <u>2 classes</u> per wk for 5 wks \$126.00 - <u>1 class</u> per wk for 5 weeks
<b>Boys:</b> (school age) Beginner/intermediate 50 min class * 6 max per coach		3:30-4:20		3:30-4:20		Discount for check/cash
School Age Girls Developmental Red & White Levels combined Beginner & Intermediate 50 min class * 6 max per coach	3:30-4:20 4:30-5:20 5:30-6:20 6:30-7:20		3:30-4:20 4:30-5:20 6:30-7:20			\$ 228.00 <u>2 classes</u> per wk for 5 wks \$ 120.00 <u>1 class</u> per wk for 5 weeks
Blue Level - Advanced 50 min class * 6 max per coach	5:30-6:30		5:30-6:30			
Scheduled School age make-ups  ***All levels 6 max per coach	6:30-7:20	3:30-4:20 4:30-5:20 5:30-6:20		3:30-4:20 4:30-5:20 5:30-6:20		
Early Bird Discounts available!	irls & Boys: Ages 5yrs- 12yrs imes: 9:00-3:00 Full Day Pick	up at any time	Gymnastics helps to friendships! Join u	for Summer Camp? to build strong bodies, sharp is for our 2020 Summer Gym	-	

- 1- ENROLLMENT: Full tuition is due for enrollment in any class/program. Yearly registration fee due on the month you initially enrolled. Students must re-enroll every 9/7 weeks for the new Term. 2-PAYMENTS: Cash, checks, Visa, Master Card & Discover Credit Cards -\$30.00 charge for returned/ NSF
- Sorry we do NOT offer refunds or credits for tuition, membership, classes, camps or special activities.

  3-ATTIRE: Girls: Wear a one-piece leotard. No Bare stomach or mid-drift. NO- T-Shirts, jean shorts.

  Boys: Tight fitting athletic shirt—like Under Armor/Champion. Stretchy shorts. No Buttons or zippers.

In-House Activities

The <u>answer</u> is undoubtedly <u>YES!</u>

Sign up for the day, the week, multiple weeks or the entire summer! Take advantage of our early bird discounts! Prices increase June 1st!

- 4- FAMILY DISCOUNTS- 10% discount off siblings & additional class days. Family rate for yearly admin fee.
- 5- No Jewelry- only post earrings are acceptable. Hoops or any type that hangs below the earlobe is unsafe! 6- Sick children/parent may not be in the gym-

By entering this facility, you are aware that you agree to fully accept all known and unknown risks, including possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, the potential risk of exposure to respiratory illnesses such as the coronavirus (COVID-19). The coronavirus is primarily transmitted via exhaled respiratory droplets, most often through coughing and sneezing. Commonly transmitted between persons rather than from equipment to persons.

Although we regularly sanitize our equipment and presently are using enhanced cleaning methods and enforcing social distancing in our facility, you understand that you may be exposed to the MRSA, Influenza coronavirus or its symptoms through no fault of our own. Known coronavirus symptoms include fever, coughing, shortness of breath, pneumonia, kidney failure, and may include other symptoms, stroke, or even death (collectively "Symptoms"). You understand and agree that you will hold us harmless and you will not hold us liable for any real or perceived Symptoms of COVID-19 or any other disease, illness, or condition, nor for exacerbating any existing symptoms, even if arising from the negligence of the releases or others and you fully agree to accept all risks of entering the facility, using the equipment, working with coaches, attending classes, practices and/or interacting or being exposed to other members.

Gold	d Coast Gymnastics, Inc. – Corona procedures/guidelines
Employee Guidelines	<ul> <li>Staff will follow illness policy including temperature checks and 24 hour wellness standard.</li> <li>Staff will wash/sanitize hands prior at regular intervals.</li> <li>Staff will have limited direct physical contact with children (spotting is limited to necessity for all groups).</li> <li>Staff will be diligently trained on procedures and prepared to enforce any distancing protocols.</li> </ul>
Building Preparation	<ul> <li>Staff will disinfect and sanitize concluding classes.</li> <li>Use recommended products that are effective against Covid-19 will be used throughout each day.</li> <li>Doors &amp; Door handles will be wiped and cleaned after uses.</li> <li>Drinking fountains will be closed and students encourage bringing water bottles.</li> <li>Team Lockers will be taken out of use.</li> </ul>
Entering the Building	<ul> <li>Drop Off/Pick Up encouraged; No more than 1 adult per athlete in building. Masks are encouraged to be worn by the adults.</li> <li>Temperature checks of all athletes entering the gym; anyone who appear ill or who have a temp over 99.5 will be sent home.</li> <li>Sanitize/wash hands upon entering gym.</li> </ul>
Lobby Area Physical Distancing	<ul> <li>Lobby will have limited seating. Occupancy will be limited and monitored to comply with guidelines. Parents that feel the need to stay and view will be asked social distance</li> <li>One enter gate. One exit gate.</li> </ul>
Classes	<ul> <li>Athletes will wash hands as required. We will remind athletes of handwashing duties and when appropriate.</li> <li>Lesson plans will be modified to omit partner activities.</li> <li>Lesson plans will be modified to limit use of props. Any props will be sanitized after each individual student's use.</li> <li>Station will be set up for independent learning. Coaches will assist</li> <li>Stations and activities will be modified to allow safe distance between athletes</li> <li>Porous surfaces in the gym such as bean bags/beanie babies will be temporarily taken out of use</li> <li>Students must remain with coach the duration of the class</li> </ul>
Team Practice	<ul> <li>Athletes should have their own backpack or drawstring bag to carry with them during practices</li> <li>Athletes will sanitize/wash hands as required. We will remind athletes of handwashing duties and when appropriate.</li> <li>Lesson plans will be modified to omit partner activities.</li> <li>Lesson plans will be modified to limit use of props. Any props will be sanitized after each individual student's use.</li> <li>Stations and activities will be modified to allow safe distance between athletes</li> <li>Chalk stations will be monitored.</li> </ul>
After Class	<ul> <li>Everyone will use the designated exit from the building to control flow.</li> <li>Employees will begin disinfecting/sanitizing all areas immediately to get ready for next group</li> </ul>
Please note that Gold Coast Gyr staff/students or for the facility	Imnastics, Inc. reserves the right to change/alter/modify any guidelines and or procedures that they feel necessary for the safety of