

# Welcome to American Eagles Gymnastics!

**The Mission of American Eagles Gymnastics** is to enhance the well being of **all** our members through safe and fun instruction, as well as being an active participant in our community and sport.

## **A Little bit about us**

We opened in July of 2000. The owners, Steve & Jenny Cacchione, have been in gymnastics since they were 5 years old and have loved the sport of gymnastics their whole lives. We feel gymnastics truly benefits children through strength, coordination, discipline, spatial awareness, and self esteem so that they may carry it to other sports and through the rest of their lives. We want the children to learn gymnastics through a safe, positive and fun environment.

## **Registration**

Registration begins 2 weeks before the next session starts. We highly suggest that you register during this time. We do not want you to lose your spot in a class, or have the class not run because there are not enough children registered. We will not run a class with less than 3 children. Full payment is due at time of registration - we accept cash, checks, & major credit cards. We can pencil your child in a class but we must receive payment within 3 days or your child will be bumped if there are paying customers that want to register for the class. If we do not receive payment before the first day of class, and your child is penciled in, your child's name will be erased. If you show up the first day of class without registering first; there may not be a class running, there may not be a coach, etc. If we do not receive payment, your child will not be allowed in class.

## **Sessions**

We have 8 or 9 week sessions; Fall 1, Fall 2, Winter, Spring 1, Spring 2, and an 8 week Summer Session. We are closed on all major holidays – Memorial Day, July 4<sup>th</sup>, Labor Day, Thanksgiving, the week of Christmas Eve & Day. Just because kids are off school does not mean that we are closed, we are open on Columbus Day, Martin Luther King Jr. Day, Presidents Day, etc.

## **Why an Annual Fee?**

It is common place in this industry to have an annual fee because insurance premiums are tied to the number of specific students and the premium must be paid in full regardless of whether a student participates for the entire year or only 1 day. Insurance is based on a yearly per student cost and the annual fee defrays this cost. Another cost that our Company associates with the registration fee is the cost of maintaining a front office capable of offering the level of customer service our clients deserve and have come to expect.

## **Discounts**

We offer a 10% discount for siblings. The more expensive class pays full price and each sibling gets 10% off. The sibling discount is not valid for cousins or other relatives. The 10% discount does not apply to the annual registration fee. We also offer a 10% discount for multiple classes. The first class is full price and 10% is taken off for each additional class.

## **Bounced Check Policy**

There will be a \$35 fee on ANY returned check. The check amount and \$35 fee must be paid in cash or certified funds within 7 days. If another returned check is received by us, the return fee is \$40 and we will no longer accept personal checks from that family. The return fee cannot be waived for any reason. All outstanding balances and fees must be paid in full before we can enroll your child in any AEG classes.

## **Refund Policy**

The \$30.00 annual registration fee is non-refundable. A full refund of session fees is given if cancellation occurs before the first Monday of the session (less the \$30 registration fee). If cancellation occurs the first Monday of the session or later, no refund is given.

## **Pro-rate**

We will pro-rate (you pay only for the days you will be able to attend class) only if you tell us at time of registration. We will not give a credit or refund after the session has started. **We do not credit missed classes from previous sessions.**

## **Sickness**

Please do not send your child to class if they are sick. We would not want the other children or the coach to get sick. Remember, you can schedule to make up for classes missed, up to 2 classes per session.

## **Special Conditions**

Please make the office or coach aware of any special conditions your child has, for example: ADD, ADHD, allergic to bee stings, allergies, Autism, any physical disabilities, or any other conditions the coach needs to know about.

## **Amount of Children in a Class**

For the Parent/Tot, Preschool, Kindergirls, Kinderboys, Bronze, Silver, Gold classes the maximum amount of children is 6. For the Beginner, Advanced Beginner, Intermediate, Advanced, & Cheer Tumble classes the maximum amount of children is 8.

## **Information Board**

We have an information board hanging on the cubbies. Please check this often, it will say when special events are occurring like registration, meets, bring-a-friend week, parades, etc.

## **What Should Your Child Wear?**

We recommend your child wear comfortable clothing, like a T-shirt and shorts or pants (depending on the weather). Participants cannot wear shorts or pants with snaps, buckles, or belts – this may hurt them and damage our equipment. We do not allow girls to

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wear sports bras to class, stomachs must be covered by a shirt or leotard. We require children with longer hair to have their hair tied back so it doesn't get caught in equipment or by coaches, or get in their eyes while they are learning. Children cannot wear necklaces, watches, dangling earrings, bracelets, etc. We do not recommend socks or tights as the children might slip on the trampoline or may lose their socks in the pit. Gum is not allowed.

### **Make Up Policy**

We allow make ups for up to 2 classes missed per session. If you miss a class, please schedule a make up as soon as you can – we suggest that you do not wait until the end of the session to schedule make ups because there may not be room in the class. You must schedule a make up through the office, do not just show up. Please call us at (847)201-1567. If you sign up for the next session, we will allow you to carry over 1 make up. If you are unable to do a make up we can give you an open gym pass per class missed (up to 2). We will not give open gym coupons if you wait to schedule make ups until the last week of the session and you do not sign up for the next session. If you schedule a makeup and do not attend the class, we will not schedule another make up.

### **Viewing Room**

We offer a viewing room upstairs and a viewing room on the main floor for all parents, family members, friends, etc. to watch your child in class. For liability reasons, we do not allow anybody other than the student in the gym (except for Parent/tot classes).

### **Discipline**

For safety reasons, all children MUST stay with their coach at all times. On some equipment, children must sit and wait for their turn. If they do not, their coach will warn them many times before they take a stamp away or make them miss a turn or send them out to sit with a parent.

### **Evaluations**

American Eagles Gymnastics has an evaluation system for each class level. This system is geared towards the skills the competitive teams perform. The children are evaluated throughout the whole session and will receive their evaluations the 2<sup>nd</sup> to the last week of the session (if they are not absent). The coach should put what level your child should sign up for at the bottom of the evaluation (if your child is in Beginners and up). Children in Parent/Tot, Preschool, and Kindergirls/boys move up to the next level when they are old enough, although, we do make *some* exceptions by coach recommendation only.

### **Bring-a-friend Week**

Usually the 5<sup>th</sup> or last week of the session is Bring-a-Friend week. Each child is allowed to bring 1 friend their age to class with them. Please bring a friend close to your child's age or ability. You will receive a hand out the week before telling you when it is.

### **Parent & Tot Classes**

In Parent & Tot classes, we ask that only 1 parent (or adult) go in the class with the child, too many adults may confuse the children. If the parent has other children in classes at the same time, we ask that you make sure you stay with and pay attention to the child in the Parent/tot class, this class is an interactive class between the child and parent. Younger siblings are allowed in the class as long as they are confined in a car seat, stroller, etc. For younger siblings that are able to walk, for safety reasons, we do not recommend you bring them to class with you – children this age tend to run around the gym and all of the parents attention with be with the younger sibling instead of the child in the class. Parents nor siblings that are not signed up for the class are not allowed on the equipment at **any** time.

### **Parking**

Unfortunately our parking lot is not very big, but there is parking allowed on the street. Parking is also allowed in the Sign company's lot across the street after 5:00pm or in the parking lot in vacant building just north of us. Please do not park in the Granite Warehouse's lot attached to our building.

### **Open Gym**

We offer open gym on Mondays, Tuesdays, & Wednesdays from 11:00 – 12:00 & 12-1:00pm for \$5 for 1 hour, \$10 for 2 hours, and Fridays 7:00-8:30 & 8:30-10:00. The cost is \$5 per participant per session. An adult must accompany children under the age of 5. *Adults over the age of 22 are not allowed in the gym or on the equipment.* For insurance purposes, no spotting is allowed at open gym. Cheer Tumble Open Gym is Tuesday nights 8:30-9:30 for \$7.00, an instructor is present.

### **Birthday Parties**

We offer birthday parties on Friday afternoons & Saturdays and Sundays. The children spend an hour in the gym and ½ hour in the party room. Parents love having birthday parties at our gym because they don't have to clean their house before and after the party and the kids can run and play in a safe environment. For more information, please call or stop by the front desk.

### **Office Hours**

We have office staff in on Monday, Tuesday, Wednesday from 11-1 & 5 – 7:30, Thursdays 5:30 -7:30, & Saturdays from 9:00–12:00. For more info, please call us at **(847)201-1567**. Our office managers are in while classes are running so if we don't answer the phone, please leave a message and we'll call you back.

### **Website**

Please visit our website at: [www.AmericanEaglesGymnastics.com](http://www.AmericanEaglesGymnastics.com) for updated schedules, birthday parties, open gym info, etc.

### **Facebook**

Please "Like" us on Facebook at <https://www.facebook.com/AmEaglesGym> to receive updated information on our classes, special appearances, team performances, offers, etc.