

Welcome to  
North Shore Gymnastics!

### Preschool Open Gym

Wednesdays 11:30am-12:30pm

Thursdays 12:00-1:00pm

\$5.00 per child

### Ages 6+ Open Gym

Fridays 7:30-9:00pm

\$8.00 current students /

\$10.00 non-current students

All Open Gym participants  
must have a CURRENT  
parent signed NSGA waiver  
on file in order to  
participate.

**North  
Shore**  
GYMNASTICS  
ASSOCIATION

## NSGA GENERAL INFORMATION

**Medical Insurance:** Parents must provide proof of medical insurance coverage for any student enrolled in this program. A medical release must be completed and signed annually. Parents must read the assumption of risk and USAG Safety Guidelines, provided by the NSGA office, prior to the child's first class.

**Comments/Suggestions:** Questions, concerns, comments or ideas are welcome and can be directed to any of the North Shore Staff or dropped in the mail box. Evaluation forms are located at the front office.

**Lost & Found:** A lost & found box is located in the locker area. Items remaining at the end of each session will be donated to charity. Please check frequently to claim your lost items.

**Registration:** NSGA runs four 9-week sessions (Fall, Winter 1, Winter 2, Spring), and a 12 week flexible Summer session. NSGA's policy provides currently enrolled students with priority registration during the 7th week of the running session. New/ Former students must register in person.

#### Cancellation Policy

Cancellations made during the first 30 days of the session will receive credit toward a future session. Cancellations made after the first 30 days of the session will be charged a \$25 cancellation fee and receive a credit for the remaining balance to be used toward a future session. No refunds will be given. Coaches are hired based on registration numbers posted the 1st week. In the event of an extreme circumstance, contact the NSGA office.

#### Make-up Policy

NSGA allows each gymnast one make-up class per session, if space is available. Make-ups must be scheduled in advance and completed before the end of the running session. NSGA does not guarantee make-up times will be available. NSGA will not refund or adjust fees for missed classes.

**North  
Shore**  
GYMNASTICS  
ASSOCIATION

**Class Program**

**Rules, Policies &**

**Procedures**



**NSGA 1974 — 2011**

North Shore Gymnastics Association was founded in 1974 as a non-profit corporation governed by an executive board. It is our purpose to acquaint children at all levels of physical capability, potential and growth with the sport of gymnastics in a positive, safe atmosphere and to help each child develop gymnastics skills, good sportsmanship and self-discipline. We have implemented the following rules, policies and procedures to enable us to accomplish these goals.

**37 years of gymnastics**

**763-479-3189**

**5555 Pioneer Creek Drive  
Orono, MN 55359**

NSGA is a NON PROFIT 501(3)c CORPORATION



# **GYMNASTICS SAFETY GUIDELINES**

1. **ASSUMPTION OF RISK:** Participation in gymnastics activities involves motion, rotation and height in a unique environment and as such carries with it a reasonable assumption of risk.
2. **WARNING!** Catastrophic injury, paralysis, or even death can result from improper conduct of the activity.
3. **POTENTIAL MEDICAL EMERGENCIES:** Instructors/Supervisors should be aware of the potential medical emergencies that could occur in gymnastics and be prepared to adequately respond to them in an appropriate manner.
4. **BE PREPARED TO PARTICIPATE:** Dress appropriately, follow accepted warm-up practices, and be mentally prepared to engage in the activity. **Please have long hair tied back before class starts. Remember to bring your hair bands from home.**
5. **CAREFULLY CHECK EQUIPMENT:** Before directly engaging in any gymnastics activity, make sure the equipment is adjusted and secured properly and that adequate matting appropriate to the activity is in the correct position.
6. **CARELESSNESS CANNOT BE TOLERATED:** Gymnastics is an activity requiring active concentration. Horseplay or any other form of carelessness cannot be tolerated at any time for any reason. Consult your instructor.
7. **FOLLOW PROPER SKILL PROGRESSIONS:** A safe learning environment includes a correct understanding of the skill being performed and following proper skill progressions. When in doubt, always consult your instructor.
8. **MASTERING BASIC SKILLS:** Safe learning practices demand mastering basic skills before progressing to new and/or more difficult skill.
9. **ATTEMPTING NEW AND/OR DIFFICULT SKILLS:** The readiness and ability level of the performer, the nature of the task, and the competency of the spotter all must be taken into consideration when attempting a new or difficult skill.
10. **PROPER LANDING TECHNIQUE:** Safe dismounts, as well as unintentional falls, require proper landing techniques. No amount of matting can be fail safe. Avoid landing on head or neck at all costs as serious catastrophic injuries may result.

PLEASE NOTE: All skin lesions and/or rashes must be completely covered. If the problem has been diagnosed as contagious, please keep your child at home until you receive a doctor's release.

**Closings due to inclement weather will be announced on WCCO-TV (Ch. 4) and WCCO-AM830**

**STUDENT REFERRAL SPECIAL**  
 Refer a new student and receive \$10 off your Class fees!  
 Refer 2 new students and receive \$20 off!  
 Refer 3 new students and receive \$30 off!  
 You will receive a \$10 coupon toward a future session for each NEW student that informs us of your referral!

## **General Rules for Gymnasts**

- Wait in the locker area until your instructor comes to get you for class.
- Always stay in line behind your instructor as you move around the gym.
- Wear appropriate clothing. *You will not be allowed to participate without the proper attire.*

**GIRLS:** Leotards preferred, knit shorts and T-shirts are O.K. \*No socks or footed tights.

**Long Hair must be pulled back.**

**BOYS:** T-shirt and shorts or sweat pants. No snaps buttons or zippers.

- No Jewelry– bracelets, rings, watches, etc.
- Long hair must be pulled back in a pony tail.
- Wait in the lobby until parent arrives. Gymnasts are not allowed to wait outside for pick up.

## **General Rules for Parents**

**Please make every effort to pick up your child on time. Office staff is not able to monitor unsupervised students. Please inform the office if situations arise which prevent you from picking up your child on time.**

**Parents are not allowed in the gym or on the stairs leading to the upper level. If your child is late, please let an office person walk your child to class for the safety of all our gymnasts. To minimize distractions, all viewing must take place from the lobby viewing areas.**

**Please do not coach your children from the viewing areas. We have an excellent staff, trained in all the newest techniques and progressions.**

**Parents must come into the lobby to pick up their children. They may not be picked up at any other location or outside the building.**