



**2010-2011 School Year
Class Schedule
Sept. 13th ~ May 28th**

**Register online at
www.spiritgym.com**

Tel: 651-523-2383

askme@spiritgym.com

SPIRIT GYMNASTICS, INC. at Hamline University School Year 2010/2011
Registration Form

Athlete's Name: _____
Grade: _____ Age: _____ Birthdate: _____ Gender: M ___ F ___
Session: _____ Class Name: _____ Class Day: _____

Parent/Legal Guardian Name: _____
Address: _____ City: _____ Zip: _____
Home Ph.: _____ Cell Ph.: _____
Email: _____ (will be used for all communication)

Where you heard about us: _____ Person referring you: _____

Realizing that the activity for which I am making this application involves a certain amount of risk to me/my child, I hereby agree to assume all such risk or loss, damage or injury to the person and property of my child and to release and indemnify Spirit Gymnastics, Inc. and Hamline University, the agents and employees, from any and all claims for such loss, damage or injury sustained by me/my child while engaging in such activity.

signature of parent or legal guardian

date

Health Emergency Form

Athlete's Legal Name: _____ Today's
Date: _____

Mother's Legal Name: _____ Billing Contact: Y / N
Ph No's: (H) _____ (C) _____ (W) _____
Email: _____

Father's Legal Name: _____ Billing Contact: Y / N
Ph No's: (H) _____ (C) _____ (W) _____
Email: _____

If my child becomes ill/hurt and I cannot be reached, please call:

1) Name: _____ Ph No.: _____

2) Name: _____ Ph No.: _____

Health Insurance & Policy No.: _____
Hospital of Choice if my child should need hospitalization: _____

Please list any immediate health or physical situation we should take special consideration: _____

List and describe anything to which your child is allergic: _____

List any medications that your child is taking: _____

Has your child been knocked unconscious at any time in the last year? _____ describe: _____

Please list any major injuries or illness sustained in the last three years: _____

Please provide any IEP or adaptive Physical Education information: _____

MAILING ADDRESS
Spirit Gymnastics, Inc
Hamline University MS-A1795
1536 Hewitt Ave.,
St. Paul, MN 55104

PHONE
651-523-2383
www.spiritgym.com

CONTACT
askme@spiritgym.com

Register online at **www.spiritgym.com!!!**

Spirit Gymnastics Schedule 2010/2011 School Year

September 13th, 2010 - May 28th, 2011

www.spiritgym.com

Register NOW!!

CONFIDENCE

DISCIPLINE

ACHIEVEMENT

LAUGHTER

STRENGTH

Classes	Description	Length of class	Cost per month for 1x/week (Sep)	Age	Times offered					
					Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preschool										
Spot Ur Tot	We stress safety, fun and appropriate group interaction. Our goal is to develop motor skills & body awareness by incorporating exciting exercises on traditional gymnastics apparatus (vault, bars, beam, floor, tramp & Tumbtrak).	45 minutes	\$45 (\$33.75)	Boys & Girls 18 months-3 years		10:30-11:15 am	10:30-11:15 am			
Early Development		45 minutes	\$58 (\$43.50)	Boys & Girls 3 - 5 years		10:30-11:15 am 6:15-7:00pm	10:30-11:15 am	6:15-7:00pm	4:15-5:00pm	9:15-10:00am
Dancing Gym Bugs		45 minutes	\$45 (\$33.75)	Boys & Girls 3-5 years	10:30-11:15 am					
Girls Recreational										
Kindergarten	Recreational builds a good foundation of basic gymnastics skills in a safe and fun environment. We best achieve this by dividing the gymnasts into appropriate age groups. Gymnasts are challenged to improve their strength, flexibility & skills and allowed to do so at their pace	60 minutes	\$64 (\$48)	Girls in kindergarten in 10/11 school year		6:00-7:00pm		6:00-7:00pm	4:00-5:00pm	9:00-10:00am
Rec 1		90 minutes	\$84 (\$63)	Girls in 1st or 2nd grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am
Rec 2		90 minutes	\$84 (\$63)	Girls in 3rd or 4th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am
Rec 3		90 minutes	\$84 (\$63)	Girls in 5th or 6th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am
Rec 4		90 minutes	\$84 (\$63)	Girls in 7th or 8th grade in 10/11 school year		7:10-8:40pm		7:10-8:40pm	5:10-6:40pm	10:10-11:40am
Boys Recreational										
Boys 1	We aim to increase acrobatic & athletic skill in a safe and fun environment, utilizing our gym's apparatus (vault, bars, beam, floor, p bars, tramp & tumbtrak).	60 minutes	\$64 (\$48)	Boys in kindergarten or 1st grade in 10/11 school year				6:30-7:30pm		12:30-1:30pm
Boys 2		120 minutes	\$104 (\$78)	Boys in 2nd grade or above in 10/11 school year				6:30-8:30pm		12:30-2:30pm
Other Programs										
Open Gym	Come work on your skills at Open Gym! No registration required.	2 hours	\$10/child	Boys & Girls Kindergarten & up						2:00-4:00pm
High School Power Training										
Fall	For competitive athletes in Jr. & Sr. High School. Fall: Sep 6 - Nov 13(2.5 months) Winter: Mar 1st - May 7th (2.5 months) Spring: May10th - Jun 11th (1.25 months)	3 hours	\$120	Girls in 8th-12th grade in 10/11 school year		6:00-9:00pm			4:00-7:00pm	12:00-3:00pm
Winter		3 hours	\$120			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm
Spring		3 hours	\$120			6:00-9:00pm			4:00-7:00pm	12:00-3:00pm
Pre-Team										
Dynos	For girls preparing for USAG competitive gymnastics.	2 hours 2x/week	\$112 (\$84)	by invitation only	6:00-8:00pm		6:00-8:00pm			

\$20 ANNUAL REGISTRATION FEE & SEPTEMBER TUITION DUE WITH EACH REGISTRATION (registration fee only paid upon initial registration during each new school year.)

Discounts:

- Multiple Class Discount \$10 off total tuition for each additional class
- Sibling Discount \$10 off total tuition for each additional sibling
- Referral Discount \$20 off total tuition applied next month

Tuition chart reflects one class per week.
Tuition sums for each added class, minus appropriate discount(s).
Tuition due by 1st of each month.
Tuition & discounts are prorated and rounded to nearest dollar when joining after start of month.
Less than 4 athletes per group may result in class cancellation or combination with another group.
Gymnasts can/may be moved to different group per ability, coach discretion and parental consent.

Make-ups:
Make-ups need be scheduled for an alternate class day during session of missed class. Please email askme@spiritgym.com or the desk to schedule.

Due to Spirit's Relationship with Hamline University, we can experience scheduling conflicts. During a session if a class is cancelled we invite you to take advantage of the other scheduled days as a make-up class.

No Class:
makeups are during another weekly class period.
Thu Nov 25th - Fri Nov 26th
Fri Dec 24th - Sat Jan 1st
Tue Feb 1st
Sat May 21st

Online Registration: Visit www.spiritgym.com to register for classes online. Online Registration starts NOW!!

MAILING ADDRESS: Spirit Gym
Hamline University, MS-A1795
1536 Hewitt Ave.
St. Paul, MN 55104

PHONE: 651-523-2383
EMAIL: askme@spiritgym.com
LOCATION: Walker Fieldhouse (Snelling & Taylor)
1550 Taylor Ave, St. Paul 55104











Hamline Gymnastics Home Meets
Sat Jan 8th @ 2pm
Tue Feb 1st @ 6:30pm
Sun Feb 27th @ 1pm
Gym Camp at Hamline: Jun 12-17 & 19-24, 2011

www.spiritgym.com



Spirit Gymnasts & Parents,

Thank you for your continued support of Spirit Gymnastics. Recently we have noticed an increase in the noise level and overall activity outside the gymnastics gym; in particular, the front entrance lobby. We would just like to remind everyone that we share the building with the University and Hamline Athletics and that we need to be respectful of all Hamline students and staff. We would like everyone to please be aware of the following when you come for gymnastics:

-  No Running or Horseplay in the building
-  Keep noise to a minimum in the hallway and front lobby (please step outside if you need to be louder)
-  No Yelling
-  No playing in the stairwells
-  Keep a clear path in the hallway for people to walk through
-  Stay out of the areas of the building being used
-  Be respectful of special events happening at Hamline
-  Parents please know where your children (both gymnasts and non-gymnasts) are at all times when they are not in class
-  Be respectful of Hamline's Safety & Security expectations when driving/ parking at Hamline
-  Coaches and Gymnasts only in the gymnastics gym

We want to continue providing a gymnastics environment that is fun, safe, respectful, can do so only with your cooperation. If you have any questions please email askme@spritgym.com. Again we would just like to thank you for your continued support of Spirit Gymnastics and look forward to seeing you in class soon.

Thank You!

Spirit Gymnastics