

Jennie's Chesapeake Gymnastics Club, LLC
J.C.G.C
871 Keith Lane Unit 2
Owings, Maryland 20736
410-286-2646

How did you find out about our program? _____

Please select a program:

Gymnastics Cheer Tumbling

Start date _____ Class date and time: _____

Student's Full Name _____

Parent/Guardian Full Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Work Phone _____ Email address _____

Emergency Contact Name _____

Emergency Contact Number _____

Does your child have a medical or other condition that would affect his/her participation in gymnastics activities:

No Yes if "yes", please explain:

I have received and read JCGC rules and policies with regard to the program(s) that I have indicated on this registration form. I understand that violation of the club regulations may result in the dismissal of me/my child (children) from the program and facility. I take full responsibility for all payment of expenses and legal fees. If I fail to make payments to JCGC regarding my child/children programs, the staff of JCGC has the right to not allow me/my child (children) to participate in any of the programs or competitions.

MEDICAL AGREEMENT AND MEDICAL RELEASE

All precautions will be taken to prevent accidents. Simple first aid will be provided to all minor injuries. Parents/Guardian/Spouse will be contacted when necessary. I hereby release all rights and claims for damages that I have at any time against JCGC and its representatives, whether paid or volunteer, for any injuries or damages in connection with the gymnastics program or other activities related to JCGC. The risks involved in respect to such programs are fully understood and have been explained to me and my child (children). I hereby give permission for me/my child/children to be taken to a nearby hospital to be treated (including x-rays) in case I cannot be reached in an emergency.

Parent/Guardian Signature: _____ Date: _____

Printed Name: _____

** Please make checks payable to Jennie's Chesapeake Gymnastics Club, LLC (JCGC) and include your child's name your payment.

Fees: Registration Fee	\$25.00 per child
Class Fee	\$10.00 monthly for 1/2 hr. (18 months to 3 yrs old)
	\$85.00 monthly for 1 hr. (4 yrs old and up)

PAID MONTHLY in the beginning of the month



JENNIE'S CHESAPEAKE GYMNASTICS CLUB, LLC.

871 KEITH LANE UNIT 2

OWINGS, MARYLAND 20736

410-286-2646

Acknowledgement of Risk and Waiver of Liability and Permission to Treat

I (We) _____ hereby give permission for my/our
Child _____ to participate in classes/events conducted at Jennie's
Chesapeake Gymnastics Club, LLC. (JCGC).

I (We) _____ have read the rules and the policies handbook and have
reviewed them with my child and agree to adhere to the terms and conditions.

I (We) _____ agree to support and abide by the policies and rules posted in
the handbook.

I (We) _____ understand that it is my responsibility to carry my
own accident and medical insurance. In the event of an injury or accident, I (We)
_____ authorize customary medical treatment if it becomes
necessary and transportation and emergency medical services if warranted. The enrolled child is capable of
participating in the sport of gymnastics and has had a physical within the last (12) twelve months. Any activity
involving motion, tumbling, height, swinging, etc... involves the possibilities of serious, permanent or fatal injury.

I (We) _____ Understand the risks of participating in the sport of
gymnastics and therefore, in consideration for allowing my child to use JCGC's equipment and facilities, I (We)
_____ hereby forever release JCGC, it's owners, officers, employees,
teachers and coaches for all liability for any and all damage and injuries suffered by my child while under the
instructions, supervision or control of JCGC, it's owners, officers, employees, teachers, coaches.

This acknowledgement of risk and waiver of liability, having been read thoroughly and understood
completely, is signed voluntarily as to its content and intent.

Date _____ Signature of Mother or Legal Guardian

Date _____ Signature of Father or Legal Guardian

Name of Gymnast _____

Parent Pointer

Make-up Policies

As a courtesy for missed classes, make-ups are offered on a limited basis in classes that are not currently filled.

1. Credit for a missed class will not be accepted in lieu of tuition.
2. Make-up class may be scheduled only if your child is currently enrolled in classes.
3. To request/schedule a make-up:
 - a. in person or call ASAP.
 - b. Ask at the desk to schedule your make-up.
 - c. Select a day/time/class if available.
4. Make-ups are limited to a maximum of 2 per quarter per student (Sept-Nov, Dec-Feb, March-May and June-Aug).
5. Make-ups may only be scheduled within the same gymnastics year (Sept through Aug).
6. A missed make-up may not be rescheduled.

No Refunds

No refunds on class registration or class tuition.

Proper Dress Required

Clothing should allow freedom of movement but not be oversized.

* Girls: Leotard or shorts and T-shirt.

* Long hair tied back.

* **Please no** jewelry, shoes, belts, **gum**, food, slippery socks, footed tights, metal/plastic hair barrettes, or beads in hair. Also no zippers or buttons on gym clothing.

Health Disorders

Children with any health disorder should notify the director, instructor and indicate the disorder on the registration form.

Observation

Parents are welcome to observe classes at any time from the observation area.

Snow Policy

Call (410) 286-2646 for recorded messages if the weather is in doubt. If you miss a class due to inclement weather, remember you can make it up as long as you are enrolled. We do not follow the Calvert County school-closing schedule.

Promptness

Parents are expected to pick up their children promptly when classes are over. Children are required to wait for their parents inside the facility.

Photography

Please, no flash photography in the gym during classes or team practices.

Miscellaneous

If your child is not yet in kindergarten, we request a parent or guardian remain in the area.

Recreational Programs

Call the JCGC office for class availability and to register for classes.

Parent and Child (18-36 months)

This 30 minute class is designed to allow the parent an opportunity to assist the child in enhancing the development of motor skills, rhythms, and simple gymnastics skills. Incorporated in weekly lessons is the use of all gymnastics equipment including tumble track, balance beams, bars and floor skills.

Teacher/student ratio 1:10

Preschool (3 years olds)

This 30 minute class offers movement experiences for young children on equipment scaled to their size. A variety of gymnastics skills are taught while emphasizing safety, listening skills, and the correct use of vault, balance beam, floor skills and bars. *Teacher/student ratio 1:5*

Preschool (4 years olds)

This 1 hour class offers movements experiences for young children on equipment scaled to their size. A variety of gymnastics skills are taught while emphasizing safety, listening skills, and the correct use of vault, balance beam, floor skills and bars. *Teacher/student ratio 1:8*

Advanced Beginner

This one hour a week class is for girls who have had at least one year of beginner gymnastics.

Teacher /student ratio 1:8

Intermediate I

A more advanced one hour class, which requires students to be able to perform a handstand forward roll, a bridge kicker back walkover and a headspring unassisted from a mat. *Teacher/student ratio 1:8*

Registration Fees

Please call Gym for current pricing

Team General Info

JCGC offers classes for student's 18 months of age through high school. The JCGC Gymnastics Team Program wishes to allow each competitive gymnast the opportunity to excel and aspire to the greatest individual degree in the sport of gymnastics. Competitive gymnastics develops physical, mental, and emotional control which is beyond that rationally envisioned. The gymnast will develop strength, flexibility, coordination, and endurance through the program. Other benefits of competitive training are: self-satisfaction, kinesthetics awareness, a healthy body, an undaunted belief in one's self, and a disciplined approach to one's life.

Competition is an essential part of the gymnast's experiences in the program. Each gymnast will be involved in competition in accordance with her ability and age. The gymnast will then have the opportunity to advance in a step-by-step progression to higher competitive levels. Team members will have the opportunity for experiences that would normally not be available to them. The discipline, skills, accomplishments, and friendship will carry over in many of life's endeavors.

Goals of the Team Program

1. To foster the growth and development of each gymnast by setting realistic goals which are achievable though challenging.
2. To provide opportunities for national travel through competitive experiences.
3. To provide opportunities for a gymnast to achieve a level of proficiency that would allow her to receive a college scholarship.
4. To help develop rapport with the public which will nurture the growth of JCGC Gymnastics.

Jennie's Chesapeake Gymnastics

Classes Schedule

CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday
Gymnastics 18 months-3yrs	No class	No class	6:30-7:00 7:00-7:30	No class	5:00-5:30
Gymnastics 4 yrs & up	No class	5:30-6:30 6:30-7:30	5:30-6:30 6:30-7:30	No class	5:30-6:30
Cheering Tumbling 5 yrs & up	No class	No class	7:30-8:30	No class	No class
Open Gym	No class	No class	No class	No class	6:30-8:00