



2009 Summer Schedule

June 22 – July 31, 2009

PRE-SCHOOL GYMNASTICS

For parent & toddler 18 months – 2 & 1/2 years

CLASS	DAY	TIME	PRICE
Tumblebugs I	Monday	9:00 – 9:45 a.m.	\$57.00
Tumblebugs 1	Tuesday	9:00 – 9:45 a.m.	\$57.00

For 3 to 5 yr. old boys & girls

Tumblebugs II	Monday	10:00 – 10:45 a.m.	\$57.00
Tumblebugs II	Tuesday	10:00 – 10:45 a.m.	\$57.00

PROGRESSIVE GYMNASTICS

Mini –Cardinals: For beginning gymnasts age 5/6

Mini-Cardinal	Monday	9:00 – 10:30 a.m.	\$78.00
Mini-Cardinal	Wednesday	10:00 – 11:30 a.m.	\$78.00

Cardinal 1 – For beginning gymnasts age 7 & up

Cardinal 1	Monday	10:30 a.m. – 12:00 p.m.	\$78.00
Cardinal 1	Wednesday	9:00 - 10:30 a.m.	\$78.00
Cardinal 1	Thursday	9:00 - 10:30 a.m.	\$78.00

Cardinal 2 – For gymnasts mastering skills in Cardinal 1

Cardinal 2	Monday	9:00 – 10:30 a.m.	\$78.00
Cardinal 2	Tuesday	9:00 – 10:30 a.m.	\$78.00
Cardinal 2	Wednesday	10:30 a.m. – 12:00 p.m.	\$78.00

Cardinal 3 – For gymnasts mastering skills in Cardinal 2

Cardinal 3	Tuesday & Thursday	5:00 - 7:30 p.m.	\$99.00
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Cardinal 4 & 5 (together) – For gymnasts mastering skills in Cardinal 3

Cardinal 4 & 5	Monday & Wednesday	6:30 – 8:30 p.m.	\$130.50
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Boys Tumbling & Trampoline (For male gymnasts only)

Boys T & T	Wednesday	7:00 – 8:30 p.m.	\$78.00
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PROGRESSIVE CLASSES TOWARD COMPETITIVE GYMNASTICS

Mini Hot Shots & Hot Shots by invitation only	Wednesday	5:00 – 7:00 p.m.	\$85.50
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Team Track For gymnasts mastering skills in Hot Shots	Tuesday & Thursday	10:00 a.m. – 12:00 p.m.	\$130.50
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OPEN GYM IS EVERY FRIDAY: JUNE 12 – AUGUST 7, 2009

5:00 – 7:00 p.m. (No Open Gym on July 3)

\$5.00 for registered students \$7.00 for non-members

HOW TO REGISTER FOR CLASSES:

1. Choose which class best suits your child. If you are not sure, please feel free to call us!
2. REGISTER ONLINE at www.cardinalgymnasticsacademy.com
3. Complete the enclosed registration form. Please be sure to sign the release at the bottom.. Mail your completed form and payment to:

Cardinal Gymnastics Academy
202 Beyer Hall
Ames, IA 50011

THE ACTUAL GYM IS LOCATED ON THE ISU CAMPUS IN BEYER HALL ON UNION DRIVE!

UNDERSTANDING FEES

***FULL SEMESTER Payment is due at time of registration for the summer session**

*** A \$30.00 Registration & Insurance fee is due for all students annually in August. If you are a new student joining us in the summer, this fee is due at this time. Please add the \$30.00 to your original class fee. (A maximum of \$60.00 will be charged per family)**

*** A \$10.00 late fee will be assessed for all payments received after **June 22nd, 2009****

*** A \$20.00 fee will be assessed for all returned checks.**

***Absences may NOT be deducted from tuition: Make-ups are NOT available.**

CARDINAL GYMNASTICS ACADEMY POLICIES AND PROCEDURES

1. PICK UP & DROP OFF:

SAFETY FIRST! Please pick up and drop off your children **INSIDE** the gym. Please do not pick up gymnasts outside in the parking lot.

It is our policy that the instructor stays with his/her gymnasts until they are picked up.

Please remind your children to stay in the gym area until they are picked up by a parent or guardian.

2. ATTENDANCE, ABSENCES & MAKE-UPS:

Participants should arrive early and place all clothing/shoes in the red cubbies in the gym hallway.

Please do not leave belongings in cubbies overnight.

Participants should be ready for class by start time. The coach will not repeat warm-up exercises for late arrivals. **There are no refunds for absences.**

Make-ups are NOT available.

3. SAFETY:

Be aware of your assumption of risk! All parents must follow all safety rules and guidelines as presented by coaches, directors and equipment manufacturers. The CGA observation area is unique in our facility. **PLEASE DO NOT** sit on the raised runway or stairs in the gym. **PLEASE** make sure that any children not attending class are always within parents' supervision and that they **STAY OFF** of the equipment. These rules are for the safety of everyone in the gym!

4. ATTIRE:

Clothing should be NON-RESTRICTIVE! Loose hair should be pulled back away from eyes. **NO JEWELRY OR GUM!**

For Girls: Leotards recommended

For Boys: T's and shorts recommended

5. BAD WEATHER:

If classes are cancelled due to bad weather conditions, our phone message will indicate the cancellation and a local radio station may be notified.

6. PARKING:

*METER PARKING (recommended) is available during the day on Sheldon Ave & in ISU Lot 7.

*Park in any ISU lot after 5:30 p.m

*CGA must abide by all ISU parking rules and regulations. We apologize for any inconvenience!

7. PRIVATE LESSONS: Please call for information (515) 296-8787

CGA SPECIAL EVENTS AND SERVICES!

IMPORTANT DATES

May 27, 2009 – ONLINE REGISTRATION BEGINS!

June 22 – Registrations Due for Summer classes

June 22 – Session 1 classes begin!

July 3rd – No Open Gym

July 4th – July 4th Parade in downtown Ames! **We Are looking for**

CGA athletes to participate in this year's parade! ☺

July 31 – Last Day of Summer Classes

STATE ISU GYMNASTICS STATE
Cyclone Gymnastics Camp
JUNE 14 – 18th
REGISTER YOUR GYMNAST TODAY!
www.cyclonegymnasticscamp.com