

# CARDINAL GYMNASTICS ACADEMY

## 2012 SPRING SCHEDULE

January 9 – April 28, 2012

(No CGA classes March 12<sup>th</sup> – 17<sup>th</sup> due to Spring Break)

### PRE-SCHOOL GYMNASTICS

CLASS	DAY	TIME	PRICE
For parent & toddler 18 months – 2 & 1/2 years			Monthly/Semester
Tumblebugs I	Monday (Morning)	10:00 – 10:45 a.m.	\$45.00 / \$171.00
Tumblebugs I	Tuesday	5:30 p.m. – 6:15 p.m.	\$45.00 / \$171.00
Tumblebugs I	Wednesday	5:15 p.m. – 6:00 p.m.	\$45.00/\$171.00
Tumblebugs I	Saturday	10:00 – 10:45 a.m.	\$45.00 / \$171.00

#### For 3 to 5 yr. old boys & girls

Tumblebugs II	Monday (Morning)	11:00 – 11:45 a.m.	\$45.00 / \$171.00
Tumblebugs II	Wednesday	6:00 – 6:45 p.m.	\$45.00 / \$171.00
Tumblebugs II	Saturday	11:00 – 11:45 a.m.	\$45.00 / \$171.00

### PROGRESSIVE GYMNASTICS

#### Mini-Cardinals: For beginning gymnasts age 5/6

Mini-Cardinal	Monday & Wednesday	5:30 – 6:30 p.m.	\$65.00 / \$247.00
Mini- Cardinal	Thursday	5:30 – 7:00 p.m.	\$60.00 / \$228.00
Mini-Cardinal	Saturday	10:00 – 11:30 a.m.	\$60.00 / \$228.00

#### Cardinal 1 – For beginning gymnasts age 7 & up

Cardinal 1	Monday & Wednesday	5:30 – 6:30 p.m.	\$65.00 / \$247.00
Cardinal 1	Tuesday	5:30 – 7:00 p.m.	\$60.00 / \$228.00
Cardinal 1	Saturday	10:00 – 11:30 a.m.	\$60.00 / \$228.00

#### Cardinal 2 – For gymnasts mastering skills in Cardinal 1

Cardinal 2	Monday	5:30 – 7:00 p.m.	\$60.00 / \$228.00
Cardinal 2	Tuesday & Thursday	5:30 – 6:30 p.m.	\$65.00 / \$247.00
Cardinal 2	Saturday	10:00 – 11:30 a.m.	\$60.00 / \$228.00

#### Cardinal 3 – For gymnasts mastering skills in Cardinal 2

Cardinal 3	Monday & Wednesday	5:30 – 7:00 p.m.	\$84.00 / \$319.00
Cardinal 3	Tuesday & Thursday	5:30 – 7:00 p.m.	\$84.00 / \$319.00

#### Cardinal 4 – For gymnasts mastering skills in Cardinal 3

Cardinal 4	Tuesday & Thursday	6:00 – 8:00 p.m.	\$92.00 / \$350.00
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## SPECIALTY CLASSES!

CLASS TITLE	DAY	TIME	PRICE
Boys Tumbling & Trampoline	Wednesday	5:30 – 7:00 p.m.	\$60.00 / \$228.00
Boys Tumbling & Trampoline	Saturday	10:00 – 11:30 a.m.	\$60.00 / \$228.00
Basic Tumbling (Cheer) (For ages 10 yrs. & up)	Tuesdays & Thursdays	7:30 – 8:30 p.m.	\$65.00 / \$247.00

## PROGRESSIVE CLASSES TOWARD COMPETITIVE GYMNASTICS

### By try-out & invitation only

<b>Mini Hot Shots</b> For gymnasts mastering recreational skills and moving toward competitive	Tuesday & Thursday	5:30– 7:00 p.m.	\$86.00 / \$327.00
<b>Hot Shots</b> For gymnasts mastering skills in Mini Hot Shots	Tuesday & Thursday	5:30 – 7:30 p.m.	\$102.00 / \$388.00
<b>Cardinal 4 Prep-Op “XCEL”</b>	Monday & Wednesday	5:30 – 7:30 p.m.	\$102.00/ \$388.00

**OPEN GYM IS EVERY SATURDAY FROM 12:00 – 2:00 P.M.**

**(No Open Gym – March 17, April 7, or April 28)**

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

### HOW TO REGISTER:

**[FREE ONLINE REGISTRATION at www.cardinalgymnasticsacademy.com](http://www.cardinalgymnasticsacademy.com)**

**If you do not have internet access, please call our office to request a registration form by mail.**

1. Complete the registration form. Please be sure to sign the release at the bottom in both sections.
2. Mail your completed form and payment to:

Cardinal Gymnastics Academy  
202 Beyer Hall  
Ames, IA 50011

### UNDERSTANDING FEES

**\* A \$30.00 Registration & Insurance fee is due for all students annually in August to cover the period of August to July of the current year. Please add the \$30.00 to your original class fee. (A maximum of \$60.00 will be charged per family)**

**\* A sibling discount is available. A sibling discount form must be filled out to be eligible for the discount. Please contact our office to obtain a form - 515-296-8787 or email [cardinalgymnasticsacademy@yahoo.com](mailto:cardinalgymnasticsacademy@yahoo.com)**

**\*You may pay monthly or per semester. There is a 5 % discount for paying by semester vs. paying monthly. The semester fees noted on this form by each class reflect this discount!**

**\* If you choose to pay the entire semester – it is due by January 9, 2012.**

**\* Monthly fees are due at time of registration, by February 1<sup>st</sup>, March 1<sup>st</sup> and April 1<sup>st</sup>.**

**\* A \$10.00 late fee will be assessed for all payments received after the 5<sup>th</sup> of the month.**

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

**\* Absences may NOT be deducted from tuition.**

### CARDINAL GYMNASTICS ACADEMY POLICIES AND PROCEDURES

**Please read through carefully!**

**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. Children should not be left unattended in Beyer Hall at anytime.

**2. ATTENDANCE & ABSENCES**

**\*NO 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.**

**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, cardio equipment 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, we will post it on our website and a local radio station may be notified.

**6. PARKING:**

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

**\*Park** in any ISU lot after 5:30 p.m. & on Saturdays

**\*Tumblebugs a.m. parking** – see instructor or office manager for information on parking permits

**\*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 or email us at [cardinalgymnasticsacademy@yahoo.com](mailto:cardinalgymnasticsacademy@yahoo.com)

**CGA SPECIAL EVENTS AND SERVICES!**

**PARENTS NIGHT OUT**

Parents...Enjoy a night out!

CGA will provide open gym, games, a movie and snacks!

Saturdays: 6:00 – 9:30 p.m.

January 21

February 11 -Valentine's Day Theme

March 10

April 14

1 Child=\$20 2 Siblings=\$30

3 or more siblings=\$40

Non-Members please add \$5.00 per child

**IMPORTANT DATES**

November , 2011 – Open Registration available!  
Online or in person

January 9 - First Day of Classes

March 12 - 17 - No CGA classes: Spring Break

April 28 - Last Day of Classes!

April 28 – “Cardinal Classic” - 4:00 p.m.



**2012 HOME SCHEDULE**

**Friday – January 20 vs. Nebraska**

**Friday – January 27 vs. Iowa**

**Monday – February 20 vs. Southeast Missouri**

**Sunday – February 26 vs. Minnesota (Senior Night)**

**Come out and support ISU Gymnastics!**  
**For more information- [www.cyclones.com](http://www.cyclones.com)**