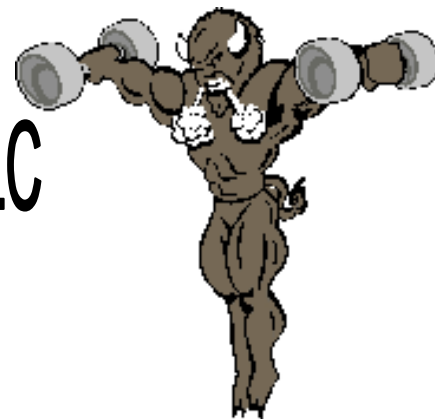


# Greater Buffalo Gymnastics & Fitness Center, LLC



1641 NORTH FRENCH ROAD  
GETZVILLE, NY 14068

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(716) 639 – 0020

## 2010 – 2011 PARENT HANDBOOK

**Welcome! We are pleased to have you join our program.** This year our facility celebrates its 18<sup>th</sup> anniversary. The Greater Buffalo Gymnastics & Fitness Center is New York State's ONLY all-inclusive health and child-care complex. Our newly expanded 40,850 sq. ft. facilities are home to Greater Buffalo Gymnastics & Fitness Center, Tink's Pro-Shop, a Martial-Arts studio, Spezio's Dance Dynamics, Four Seasons Child Care & Pre-School and, the newly constructed corporate offices and museum/showroom of National Automotive Enclosures Inc.

This state-of-the-art development features a widespread child care and activity environment allowing all members of the family to stay active and healthy. The Greater Buffalo Gymnastics Center remains one of the most comprehensive facilities in New York State that caters to the physical and mental well being of children as well as adults. We are located at 1641 North French Road in the Town of Amherst, just west of the 990 exit #4.

### OUR PROGRAMS INCLUDE:

- Team-Up (Ages 18 months to 3 years old, accompanied by an adult)
- Pre-School gymnastics classes (Ages 3 years old to Pre-K)
- Pre-School Summer Camp (Ages 3 years old to Pre-K)
- Recreational gymnastics classes for boys (Ages 5 years old and up)
- Recreational gymnastics classes for girls (Ages 5 years old and up)
- USA Junior Olympic Competitive Programs for boys
- USA Junior Olympic Competitive Programs for girls
- Cheerleading & Tumbling classes
- Greater Buffalo Elite Heat Competitive Cheer Teams
- High School gymnastics classes
- Birthday Parties
- Full Day Summer Camps - (includes gymnastics, tennis, swimming, martial arts, field trips & more)
- Private Instruction
- Adult Fitness Center, Certified Personal Trainer
- Martial-Arts

**Our Mission:** *The Greater Buffalo Gymnastics & Fitness Center strives to be a positive educational force in the community. Our goal is to allow every child to have the opportunity to feel like a champion. We strive to introduce life skills that will enrich children and produce success.*

Our philosophy at the Greater Buffalo Gymnastics Center focuses on the education of children - our most vital resource for the future. We believe that young people can learn to develop coordination, motor skills and body control, as well as the more important mental qualities: self-esteem, self-confidence and self-awareness through physical activity. Motivation, problem solving and patience are qualities that are emphasized at our center. Most importantly, young people will learn to develop respect for themselves and others. Our coaching staff reflects this philosophy of teaching and uses a positive approach to place the emphasis on the individual. We will help our students to accept individual differences in skill levels and in success rates.

Here at Greater Buffalo, proper staff selection and development is the key to ensuring that a high quality activity such as gymnastics creates a positive learning experience. Our trained staff will use the sport of gymnastics as an avenue to develop positive personal qualities in all the participants of our programs. These qualities, nurtured at an early age, will be utilized in all areas of the individual's future. Whether a recreational or a competitive gymnast, we are confident that our staff will be able to help each child reach his/her potential, have **FUN** while doing so, and enjoy all aspects of our program.

Our curriculum is designed to maximize your child's progress and keep them challenged. We use skill charts to track the progress, strengths and weaknesses of each child in our program. Our levels are very comprehensive. We advance children as they near completion of their chart and this advancement can occur at any time during the season. Advancement based on individual progress keeps the child challenged and this way, children can feel the rewards of their hard work by progressing to higher levels when they are ready.

Our charting system emphasizes basic skill development and it coincides with the overall USA Gymnastics Junior Olympic development program. We select children from our class program to participate on our Junior Olympic Team. Our team starts at a non-competitive level and progresses to national competition. Our team program is available for students of our recreational classes, however, our emphasis for our recreational children is to have fun and learn during the process of enjoying the sport of gymnastics.

#### **PARENTS - Please Note:**

The United States Gymnastics Federation recommends that the following paragraph be presented to all parents of gymnasts enrolled in a gymnastics program:

"By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Risk can be reduced, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations and muscle pulls. The risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck or head."

USA Gymnastics Safety Handbook (1998). USA Gymnastics Publications. Indianapolis, IN.

"The area of safety in our gym is our most fundamental coaching concept. We have put safety in the highest regard to make our program safer and more enjoyable for our students. It cannot be denied that the most important part of a safe gymnastics program is the coaching staff and their ability to implement the safe practices of teaching and coaching gymnastics. Our staff is continually learning new and improved techniques of teaching and spotting to help ensure the safety of your child. Please recognize their commitment to safety through their National Safety Certifications by USA Gymnastics, displayed in our main lobby." -- Torey Hirsch

**RULES AND POLICIES: Please read the following rules and policies carefully. They were designed for your information, your child's safety and well-being, and the overall implementation of a high quality program for your children.**

1. Watch the **Parent Board** located in the lobby of the building, the oak display board calendar of events, and please read your e-mails sent from the gym as well as all newsletters. These are our main sources of communication to parents.
2. Students should be ready to start class at the scheduled time. Please do not drop your child off at the gym more than 5 minutes prior to the start time. Please be on time to pick your child up after class is dismissed. We will not be able to provide staff to watch your children and provide for their safety for extended periods before class begins or after class is dismissed. Please come into the facility to pick up your child and remind your children to wait inside the building to be picked up. If you will be late picking up your child, please notify us at 639-0020.
3. Girls should wear a leotard with or without tights or shorts and a Tee shirt. No loose fitting or very tight clothing. No belts, buckles or large snaps/buttons should be worn. Cotton socks need to be worn **NO BARE FEET**. Long hair must be securely tied back away from the face and out of the eyes. No jewelry, except for post earrings should be worn in the gym. Boys should wear shorts and a Tee shirt. Baggy clothes and jeans are not recommended. Cotton socks need to be worn, **NO BARE FEET**.
4. **Seasonal tuition** is divided into 10 equal monthly payments, **regardless of gym closings, holidays and absences**. Our registration fee covers insurance, but it is not an accident policy- each student must be covered by his/her own health insurance. Payments may be made in CASH, CHECK, MASTER CARD, VISA, or INDEPENDENT HEALTH FLEX FIT FAMILY and are due **the first of the month** regardless of the day of the week that the 1<sup>st</sup> falls on. Tuition is an additional \$5 per child if payment is not received by the 10<sup>th</sup> of each month. A \$25.00 fee will be charged for all returned checks. A drop box is provided for monthly tuition checks and any other payments. Checks may also be mailed to the center. Please be sure your child's full name, day and time is on the front of your check. If a problem with payment arises, please call the office **BEFORE** payment is due in order to discuss other payment arrangements.
  - 4a. If tuition remains unpaid for a full month, the following month your child will be unable to participate in their class until all financial commitments have been met. Please do not put our staff in a position to take your child out of class.
5. **Family discounts** are given. If all the children are registered prior to November 1, 2010, the following discounts are applied. The second child enrolled from one family will receive the month of June for free. If a third child is enrolled, the third child will receive the month of June for free and May tuition for the third child will be ½ the regular tuition while the first two siblings pay regular tuition. If a fourth child in a family is enrolled, he or she will receive the month of May and June for free while the first three siblings pay regular tuition.
6. **Withdrawal From Class** – We require a written note to the center to inform us of a withdrawal. We require at least 2 weeks notice. Payment is required until the final day of withdrawal.
7. **Absences** - Please notify the gym office if your child will be absent from class. After **TWO** consecutive absences from class **without notification** to the gym office, **the child will be automatically withdrawn from their class**. Unless arrangements have been made, you are responsible for the tuition for the two classes as we are holding your child's place on the class roster.
  - a. Please notify the gym as soon as possible if your child is injured outside of the gym or is diagnosed with any communicable diseases (i.e. chicken pox, mumps, conjunctivitis, fifth's disease, etc.) and will be missing an extended number of classes.
  - b. Medical releases are **REQUIRED** before returning to class for any child who has been seen by a doctor or under medical care for any injury or illness that necessitated prolonged absences from classes. **NO** child will be allowed to participate in class until the gym receives the medical release. Tuition adjustments may be made based on doctor's written recommendations.
8. **Make Up Classes**
  - a. **Team Up classes** - Team up members may make up one class missed per month (September-May classes only). Please call the office to reschedule.

- b. **Regular Classes** - Each child will be entitled to one make up class per month (September-May classes only) for a missed class. Make up classes are held on the first **Friday** of the following month from 6:00 – 7:00 pm. If you wish to sign up for a make up class, please call the gym office **after** a class is missed; we will give you a confirmation number. The deadline for registering will be the close of the office the **WEDNESDAY PRIOR TO THE SCHEDULED FRIDAY MAKE UP CLASS**. Pre-registration is necessary to ensure proper staffing. **Outstanding fees or tuition will cause your child to be ineligible for the make up class**. Missed classes may only be made up during the make up class in the month immediately following the missed class. **If a child is unable to attend the make up class he/she has signed up for, please notify the center prior to the make up class. Failure to do so may result in forfeiture of the privilege of taking future make-up classes.**
9. There is NO food, gum, or drinks allowed in the gym area, locker rooms OR on the second floor. Please do not send any of these items with the student to the class. Children will not be permitted to sit on the sinks or hang on the partitions in the locker rooms. Anyone found doing so will be excused from class that day.
10. Please feel free to inquire about your child(ren)'s progress at any time during the year in the office. Most instructors teach back to back classes and are unable to speak with parents between classes. Please leave a message in the office and they will be happy to contact you at their earliest convenience to discuss your child's progress.
11. Parking or Standing in front of the building, around any of the curbs or the retention ponds is strictly **PROHIBITED!** According to the Town of Amherst Fire Marshall these areas are considered emergency access aisles for the gym and building next door, and must remain unobstructed at all times. For the safety of all children, parents should park in the parking lot and escort children in and out of the facility.
12. The center will not be responsible for lost items or articles of clothing. Please do not allow your child to bring valuable jewelry, clothing or other items to the gym. Label clothing so it may be returned if it is misplaced. Students may not bring in cell phones, IPODS, CD players or radios to the gym. There is a lost and found bin in the parent's waiting room. Please check there for lost items.
13. **PARENTS OR UNREGISTERED CHILDREN ARE NOT PERMITTED TO ENTER THE GYM AREA AT ANY TIME.** If you need assistance, please come to the Office/Pro- Shop. Parent viewing is always available and encouraged from the Parent Waiting Room on any class day. Upstairs Observation Days will be noted throughout the facility, in e-mails, in newsletters and in the events calendar- please be sure to watch for these dates. During upstairs observation time, parents, siblings, and friends may watch the class from the second floor viewing area. Parents are reminded to keep all small children away from the stair areas, balcony and off the balcony railing. Parents are responsible for the safety of siblings during watch day. Please note, as per USA Gymnastics, no flash pictures are permitted in the gym during class time to ensure the safety of all gymnasts.
- 13a. Children may not be left without adult supervision at any time in the Center. This includes the locker room, Parent Waiting Room, Balcony or hallway. Parents using the Fitness Center or with children in the Team Up Program may not have their children left alone. We regret that we are unable to provide supervision for them.
14. **Closing of the Gym**- Should the gym close due to weather or emergency related conditions, it will be announced on WKBW TV Channel 7, WBEN 930 AM, KISS 98.5 FM, STAR 102.5 FM and our home page ([www.buffalogymcenter.com](http://www.buffalogymcenter.com)). Also, if you are on our e-mail list, you will receive a personal alert of our closing. Make sure you enter your e-mail address to receive these notifications. In order to do so, visit our home page at [www.buffalogymcenter.com](http://www.buffalogymcenter.com) and enter your address in the box. **Please note we are unable to offer make-up classes for any weather related or emergency situation days as circumstances are beyond our control.**

**Thank you for being a part of our programs,  
We look forward to a fun and successful season!**

*The Hirsch Family, and staff at  
The Greater Buffalo Gymnastics & Fitness Center*