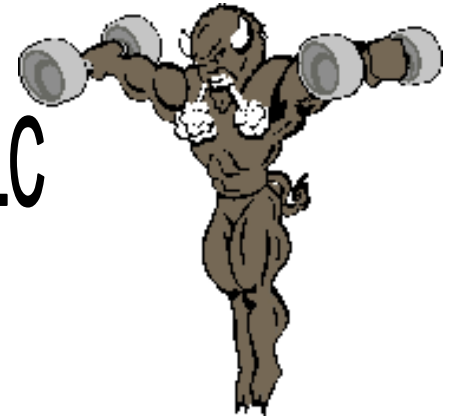


Greater Buffalo Gymnastics & Fitness Center, LLC



1641 NORTH FRENCH ROAD
GETZVILLE, NY 14068

www.buffalogymcenter.com

(716) 639 – 0020

2016-2017 PARENT HANDBOOK

Welcome! We are pleased to have you as part of our program. This year our facility celebrates its 24th anniversary. The Greater Buffalo Gymnastics & Fitness Center, LLC is New York State's ONLY all-inclusive health and child-care complex. Our 45,190 sq. ft. facilities are home to Greater Buffalo Gymnastics & Fitness Center, LLC, Tink's Pro-Shop, Spezio's Dance Dynamics, Four Seasons Child Care & Pre-School, the corporate offices and museum/showroom of TJ Hirsch Enterprises, Inc., and The Jacquie Hirsch For A.L.L. Foundation. 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 & Fitness Center, LLC remains one of the most comprehensive facilities in New York State that caters to the physical and mental wellbeing 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, Levels 4-10
- USA Junior Olympic Competitive Programs for Girls, Levels 1-10
- Xcel Competitive Program
- Tumbling Classes
- Birthday Parties
- Full Day Summer Camps - (includes gymnastics, arts/crafts, games, field trips & more)
- Private Instruction
- Adult Fitness Center, Certified Personal Trainers

***This content is subject to change without notice.*

Our Mission: *The Greater Buffalo Gymnastics & Fitness Center, LLC (GBGFC, LLC) 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 GBGFC, LLC 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 GBGFC, LLC 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. Children from our classes may be recommended to participate on our Junior Olympic Team. Although our team program is available for students of our recreational classes the emphasis for our recreational children is to have fun and enjoy themselves while learning 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 outside the Pro-Shop and read your e-mails sent from the gym, as well as all newsletters. To receive the e-newsletter, please go to our web site at: www.buffalogymcenter.com and scroll down the home page to the bottom and follow the instructions. 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 t-shirt. No loose fitting or very tight clothing. No belts, buckles, or large snaps/buttons that could get caught on any of the equipment 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 for safety reasons. No bobby pins – snap clips only should be used. No jewelry, except for post earrings, should be worn in the gym. Boys should wear shorts and a t-shirt. Baggy clothes and jeans are not safe.
4. **Seasonal tuition** is divided into 10 equal monthly payments, **regardless of gym closings, holidays and absences**. Every student is offered the same number of classes throughout the year and paying equal tuition rates allows us to serve you more conveniently. Please note, we do not offer makeup classes for any 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 CARD and are due **the first of the month** regardless of the day of the week that the 1st falls on. Tuition is an additional \$5 per child if payment is not received by the 10th of each month. A \$25.00 fee will be charged for all returned checks. A drop box, located in the front lobby next to the office door, is provided for monthly tuition checks and any other payments. Checks may also be mailed to the center. Please be sure your child's first and last name, and day and time are clearly marked on the front of your check. Credit card payments may only be taken in person, during our office hours. If a problem with payment arises, please call the office BEFORE payment is due in order to discuss other payment arrangements.
5. **Family discounts** are given, if all the children (from 1 family) are registered prior to October 15, 2016, the following discounts are applied. All of the siblings must be enrolled before the aforementioned date and stay continuously enrolled in the program until the end of June for the discount to apply. Please note these discounts DO NOT APPLY if there is only one (1) child enrolled in a recreational class along with the Team Member. If the Team family has two (2) or more children enrolled in recreational classes, the discounts will apply to the recreational students.

If a second child is enrolled, the first child pays regular tuition and the second child will receive the month of June for free. If a third child is enrolled, the first child pays regular tuition, second child pays ½ the regular tuition and the third child is free for the month of June. If a fourth child is enrolled, the first two children pay regular tuition and the third and fourth children are free for the month of June. Discounts are applied to the lowest tuition payments.
6. **Withdrawal From Class** – We require notice you are withdrawing from class the month prior to your planned departure. Please call the office or notify us by email by the last day of the month. For example, if you plan on withdrawing in March, the office must be informed by February 28. If you withdraw without giving any notice, you will be billed for the entire month. Failure to pay bill will prevent you from returning to the program in the future.
7. **Absences** - Please notify the gym office if your child will be absent from class. This is a 10 month program and we plan on your child being with us for that full duration. After **TWO** consecutive **unpaid** absences from class **without written 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, along with any unpaid classes. If your child is automatically withdrawn and

you want to return to his/her original class or another class, there will be an additional processing fee of \$10.00 per child, the monthly tuition for the new class and the balance from the original class. We cannot guarantee a place will be available in the original class.

- 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 excluding well child visits. **NO child will be allowed to participate in class until the gym receives the medical release stating the full start and end dates.**
8. There is NO food, gum, or drinks allowed in the gym area OR on the second floor. Please do not send any of these items with the student to the class. Children are not 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.
 9. 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.
 10. 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. Please don't park in the handicap spaces without a handicapped person in the car. Do not park in any designated spaces for any amount of time.
 11. The center will not be responsible for lost items or articles of clothing. Please do not allow your child to bring valuable jewelry, clothing, cell phones, IPODS, CD players, radios or other items to the gym. Label clothing so it may be returned if it is misplaced. There is a lost and found bin in the parent's waiting room, please check there for lost items.
 12. **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, on the Parent Board and on the events calendar - please be sure to watch for these dates. These are typically during the **first full week of the month** with the exception of the first week of classes in September and Show Week in June. During upstairs observation time, parents, siblings, and friends may **QUIETLY** watch the class from the second floor viewing area. Please do not yell out or wave to your child during classes as it distracts the students and may result in an injury. Disruptive parents and children will be asked to leave the balcony for the safety of all the students. 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 Observation Days. Please note, as per USA Gymnastics, no flash pictures are permitted in the gym during class time to ensure the safety of all gymnasts.
 - 12a. 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 are unable to provide supervision for them.
 13. **Closing of the Gym** - Should the gym close due to weather or emergency related conditions, it will be announced on WGRZ TV Channel 2, WIVB TV Channel 4, WKBW TV Channel 7, and our home page (www.buffalogymcenter.com). **Please note we are unable to offer make-up classes for any weather related or emergency situation days as circumstances are beyond our control.** The following page contains a calendar of events here at the gym. We do not adhere to any particular school district's schedule but make our own so please follow this calendar for gymnastics. If a day is not marked, please assume we are open.

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

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

Greater Buffalo Gymnastics & Fitness Center

2016-2017 Class Calendar

July 2016						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2016						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2016						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2016						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2017						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2017						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2017						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2017						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2017						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Gym Closed - If a date is not marked, please assume we are open



Parent Watch Week



Fun Week



Show Week - This will serve as June's Watch Week