

Nasser Gymnastics Academy

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Welcome and Policy Packet 2009-2010

Why Take Gymnastics?

Physically gymnastics develops coordination, builds strength and power, and improves flexibility, body awareness, grace and balance.

Mentally gymnastics teaches discipline, self-confidence, concentration, and goal setting.

Gymnastics is one of the only sports that involve total mind and body conditioning.

IF YOU CAN DO GYMNASTICS YOU CAN DO ANYTHING!!!

Why Take at Nasser?

We believe gymnastics & cheerleading is for all children, regardless of talent and ability. That is why our programs provide the necessary education to give each Nasser student the full benefit of what gymnastics and/or cheerleading has to offer.

Our Mission

At Nasser Gymnastics we pledge to provide the highest quality instruction no matter the ability or level of each child. We strive to train all athletes to the fullest capability while increasing their self-confidence.

Nasser's mission is to develop happy, healthy, responsible students in a safe environment. We do this by increasing self-esteem, helping students learn skills properly, and by having fun.

At Nasser safety is our first concern and students are our first priority.

Our Values

Respect & Trust - Respect for others is paramount in Nasser programs. Trust is the framework through which we all strive to reach our goals: trust in each other, trust in ourselves, and trust in our ability to teach and motivate children.

Teamwork - Putting aside our individual differences in favor of working together to accomplish our common mission.

Communication - Communication must be open, sincere and positive. Listening is fundamental to good communication.

Growth - Personal and professional growth fosters creativity, resourcefulness, and an atmosphere for constant improvement. Change is essential for Nasser programs to continue in the excellence that has characterized our past and that our customers have come to expect.

Our History

Nasser Parvinrouh originally came to the United States to go to college for Engineering. While walking through a neighborhood he saw children doing cartwheels and handstands. It made him realize that gymnastics was in people's hearts. Mr. Nasser (as most people call him) knows a thing or two about gymnastics. After all he competed in the 1964 Olympics in Japan and was once ranked 16th in the world. It was with this knowledge that he started teaching gymnastics and it didn't take long before he changed his major to Education.

Following his heart, Mr. Nasser started teaching at schools, churches, and daycares. He never thought that he would have his own gym but in 1982 Nasser Gymnastics Academy opened on Old Shell Road in Mobile, AL. He has loved sharing his knowledge and passion of this great sport to the community for over 38 years.

Nasser's has become a very well known name for gymnastics not only in Mobile but in our entire Region. We hope that we can continue to give back to the community for many, many more years and it is always our pleasure to serve you.

Nasser Gymnastics Academy Policy Overview

I. REGISTRATION - There is an annual registration fee per student. A registration form must be filled out for each student prior to the first class.

II. TUITION PAYMENTS - Please drop off or mail your tuition payment by the 1st of each month. Tuition payments not received/postmarked by the 10th will be charged an additional \$10 late fee per student. Tuition payments not received by the last day of the month will be charged a \$25 Reinstatement Fee. A \$35 fee will be charged for all returned checks.

III. MAKE-UPS - You are allowed one make-up class per month regardless of the number of classes missed. Make-ups are scheduled at the office for the last Saturday of the month. If the scheduled make-up class is missed without prior notice, the make-up class is forfeited. We DO NOT carry make-ups over to the next month. **Please do not bring your child to class if he/she is ill.**

IV. WITHDRAWALS - Please give a two week **written** notice if you need to withdraw your child from the program. Until this notice is on file, you will be responsible for payment in full.

V. CLOSINGS - Please review our current calendar for closings, holiday closings & make ups. We do not close for all school holidays. We may close when there are extra weeks in a month and when Mobile County Schools are closed due to extreme weather.

VI. MISC: Attire, Playroom Rules, Exhibition Dates, Camp Dates, Gym Jams, Birthdays, Privates

Parents/Guardians, siblings, and any other person not registered for classes are not permitted in the gym area. This is for insurance and safety purposes. Siblings are more than welcome to use our complimentary play room.

THANK YOU FOR YOUR BUSINESS. WE HOPE YOU AND YOUR CHILD HAVE A PLEASANT EXPERIENCE HERE AT NASSER GYMNASTICS ACADEMY !

Nasser Gymnastics Academy Policy's 2009-2010

Please read carefully and keep for reference

Safety Policy:

Instructors are safety conscious, but by the very nature of the activity, gymnastics carries a risk of minor or serious injury. Skills and activities are taught slowly, carefully and in a progressive manner. Instructors are trained to follow appropriate spotting techniques, skill progressions and safety procedures. However, accidents with minor or serious injuries can occur. Parents and children should be aware of the risks involved, abide by the gym rules and policies, and accept full responsibility for their action. Nasser's has the right to restrict any activity that we consider unsafe.

All persons using the gym facility must have a registration card on file. The consent and release agreement **MUST** be signed by the parent or guardian. Participants must carry their OWN insurance and are responsible for any medical bills incurred resulting from illness or injury.

I. CLASS REGISTRATION:

Students should register for their CURRENT AGE GROUP. New students that are between class groupings should register for the younger class. Tuition is prorated for students registering in the middle of a month. Nasser's may shorten or cancel a class with low enrollment. Nasser's offers a **10% discount** for additional children in the same family (discount applied to the LOWER price class, immediate family only).

Refunds are given when a student withdraws BEFORE the first day of the session. Please register carefully! Once a month begins, there are no refunds, there are no credits.

1. New students will be placed into their selected classes based on the order in which registrations are received. You are encouraged to enroll as early as possible as classes fill quickly. We will make every effort to place each student in the class of their first choice. If this is not possible, you may request to go on a waiting list for that class and we will notify you when a vacancy becomes available. You may start in your 2nd or 3rd alternate class choice (if available) until your 1st choice becomes available.

2. Your child is automatically guaranteed a space in his/her selected class each month UNLESS the office is notified by you OR payment has not been made. Please notify the office if it becomes necessary to withdraw from a class for any reason. We require a **2** week written notification prior to withdrawing. If payment is not received by the end of the month and you have not notified the office of any extenuating circumstances, we will assume you wish to withdraw your child and he/she will be dropped from the class roll and placed in an inactive file. The class space will be made available for another child.

3. Your annual registration fee is honored for 12 months from the date it is originally paid. It is an INDIVIDUAL fee therefore any additional siblings are not included. If you register a second child, he/she is NOT covered by the initial registration fee.
REGISTRATION FEES ARE NON-REFUNDABLE!

II. TUITION:

1. Our Fall/Winter/Spring session is from August through May. Our summer session is June and July. Because some months have four classes and others five, your child will receive four classes per month. We have a make-up schedule for missed lessons due to holidays. Please see "Closings" for the complete list. Holidays are taken into consideration when establishing pricing and scheduling, therefore, your child's tuition will be the same each month.
2. We DO NOT PRORATE (except for new students registering mid-month). Please do not ask the office to pro-rate. When you enroll your child in a class, your place is reserved; therefore, you are responsible for payment regardless of your child's attendance. We do allow one make-up class per month as explained under "Make-Up".
3. Tuition is due on the 1st of each month. A \$10.00 late fee will be assessed if tuition is paid after the 10th. We will send out tuition reminders before the first of the month. If tuition is not paid by the end of the month, you will be notified that your child is being moved to the inactive file and will no longer be allowed to attend class. If you want to continue classes, you will be charged a \$25 reinstatement fee. Please remember that billing is an expensive process and one that we try to avoid. We want to hold these types of costs down so that we can give you the best quality instruction at the lowest possible price.
4. Please pay tuition by check or charge (Visa/MasterCard/Discover). There is a .35 fee for all credit/debit purchases. If you wish to pay with cash, please pay the exact amount whenever possible. We keep very limited cash funds in the office, and can not make change for large bills. We provide a cash receipt for all cash payments; please be sure that you receive a cash receipt for your payment.
5. Tuition payments not received/postmarked by the 10th of the month will be charged a \$10 late fee. Tuition payments not received by the last day of the month will be charged a \$25 Reinstatement fee.
6. There is a \$35.00 handling charge for all returned checks.
7. For your convenience there is a payment box located inside the gym in the front office to drop off your tuition (Checks only). You may also use this box for drink and snack payments. The payment box is checked daily.
8. Feel free to use the US. Postal Service if it's more convenient for you. If your payment is postmarked on or before the 10th of the month you will not be charged a \$10.00 late fee.

MONTHLY TUITION RATES:

45 Minutes	\$9 Members (with \$35 Registration fee)	
Parent & Child (18mos. - 3 years)	\$12 Non Members	
	(Before 10 th)	(After 10 th)
One day / one hour per week	\$60	\$70
2 hours per week	\$100	\$110
3 hours per week	\$115	\$125
4 hours per week	\$125	\$135
6 hours per week	\$145	\$155

REMEMBER: Tuition is due by the 1st of each month, but must be received by the 10th to avoid a late fee.

If you have more than one child in the program, the child at the highest level pays the applicable amount shown above. All other children within the family would receive a 10% discount applied to the above rates.

III. MAKE UP CLASSES:

1. We provide ONE make-up class each month regardless of the number of classes missed. Check the office to see if you qualify for a make-up class. Make-ups are granted in such circumstances as illness, death in the family or any other event otherwise approved by the office. All make-up classes are scheduled through our office. After your child has missed a class, please call the office for available make-up classes. Due to availability of make-up space in classes, we can schedule for missed classes only once per month. If the scheduled make-up class is missed without prior notice, the make-up class is forfeited. We DO NOT carry missed make-ups over to the next month.
2. Please do not ask the office to schedule a make-up class until after the absence has occurred!
3. Because we provide discounted rates for our Pre-Team and Team level gymnasts, we do not schedule or provide make-ups for them.

Please call or stop by the office to make any class schedule changes. All class changes must be handled through our office. Because we feel that our instructors should put all of their energies into their most important priority – teaching their students, we don't ask them to handle scheduling.

PLEASE DO NOT ASK THE OFFICE TO DEVIATE FROM THE MAKE-UP POLICY

IV. WITHDRAWAL POLICY:

No contract is signed when you join Nasser; therefore there is no penalty for withdrawal. **We do require a written notice of 2 weeks prior to removing your child from our program.** This notice should be given directly to the office, NOT the instructors. Until this notice is on file, you will be responsible for payment in full. We usually have a waiting list of children who would like to start gymnastics.

If you know that your child will be absent for an extended period of time but DO plan for them to return, you must do one of 2 things:

1. Continue to pay tuition during their absence and their class space will be held.
2. Notify the office as described above. Your child will be removed from roll and their spot will be made available to someone else. Call the office when you plan to return and your child will be reenrolled in the program, but not necessarily in the same class. By doing this you are not responsible for payment during the absence.

***IF YOUR CHILD DOES NOT ATTEND AND YOU HAVE NOT DONE EITHER 1 OR 2, YOU ARE RESPONSIBLE FOR PAYMENT. NON-ATTENDANCE DOES NOT CONSTITUTE WITHDRAWAL**

V. CLOSINGS:

We will be closed for the following days during 2009-2010:

- September : Gym closed Sept. 7, Monday for Labor Day. Qualified Make-up Tues. Sept. 29.
Gym closed Sept. 29, Tuesday. Classes held for qualified Labor Day make-ups.
Gym closed Sept. 30, Wednesday. Extra lesson, no make-up.
- October: No class Oct. 10, Saturday, closed for Fall Exhibition. Extra lesson, no make-up
Gym closed Oct. 29, Thursday. Extra lesson, no make-up.
We will be open Oct. 30 for classes and Gym-Jam. This day will be used as a
Make-up for Christmas.

- November: Gym closed Nov. 26, Thurs. for Thanksgiving. Qualified Make-up Mon. Nov. 30
Gym closed Monday Nov. 30. Classes held for qualified Thanksgiving Day
make-ups only.
- December: Gym closed December 25, Friday for Christmas. Qualified Make up Oct. 30.
Gym closed December 29, 30, 31 2009. Extra lessons, no make-up.
- January: Gym closed January 1, 2010, Friday for New Year's. Extra lesson, no make-up.
No class Jan. 16, Saturday, closed for Winter Exhibition. Extra lesson, no make-up
- February: Gym closed February 15, 16 & 17 for Mardi Gras.
Qualified Make-up March 29, 30, 31.
- March: Gym closed for regular classes March 29, 30, 31.
Classes held for qualified Mardi Gras make-up classes only.
- April: Gym closed April 1 & 2, Thursday & Friday. Extra lessons, no make-up
- May: No class May 1, Saturday, closed for Spring Exhibition. Extra lesson, no make-up
Gym closed May 31, Monday for Memorial Day. Extra lesson, no make-up

***Note: Our students attend many different schools in Mobile County. Because different schools have different Spring Breaks, we DO NOT close during Spring Break.**

C. BAD WEATHER:

In the event of bad weather (i.e., hurricanes, snow, ice, etc.), we will follow the decision of the Mobile County School System. If Mobile County Schools are closed due to weather conditions, we will also be closed.

This does NOT apply to Teacher Workdays or any other school closings; we will be open on these days and some other holidays that the school system is closed. If an inclement weather situation arises during the afternoon or evening, please call the office to verify if classes have been canceled. If we must close for inclement weather, we will leave a message on our voice mail to notify you...be sure to let it ring until voice mail picks up! If the voicemail does not pick up because we have no power, we will not be having classes.

VI: MORE INFORMATION:

A. PROPER ATTIRE:

Students should be dressed in comfortable clothing that allows freedom of movement. NO zippers, belts, shoes, socks, jewelry, watches or gum. Long hair must be tied back.

Girls: Leotards are recommended but not required or gym shorts and a tucked in t-shirt.

Boys: Gym shorts and a tucked in t-shirt.

Cheerleaders: Gym shorts and a tucked in t-shirt. May wear cheer shoes but not required.

Valuables should NOT be brought to the gym.

Nasser's is NOT responsible for lost or stolen items.

B. KID'S PLAYROOM:

We are happy to provide a complimentary kid's playroom located on our second level. Please take younger children upstairs to play while you enjoy a bird's eye view of your child's class.

All children under the age of 5 must have a parent with them in the play room at all times. Children over the age of 5 must have a parent upstairs with them. No food or drinks are allowed in the play area. Please help put toys away after use.

C. EXHIBTION DATES:

Friends and family are invited to enjoy three events a year to watch your child demonstrate the skills they have learned in class. Prizes, awards and goodie bags for all! Don't miss out on the guaranteed good time.

Fall:	Saturday October 10, 2009	"Fall into Fun"	\$20 Entry Fee
Winter:	Saturday January 16, 2010	"Winter Extravaganza"	\$20 Entry Fee
Spring:	Saturday May 1, 2010	"Spring Fest"	\$20 Entry Fee

D. GYM-JAMS:

Friday Night Fun 6-9:30 PM. Join us!

Gym Jams are great for parents and their children. They provide parents with free time to go on a date, relax at home, or do whatever. At Gym Jam we play awesome games, showoff in relay and talent shows, take turns on the fun equipment, and eat pizza for dinner. This is a perfect time for students to explore the gym, jump on the trampoline, swing into the pit and play with friends.

Best of all everyone is invited including non-members! If you are looking for an exciting weekend activity for your children and their friends, bring them to Nasser's Friday night Gym Jams! The cost is only \$20 dollars. This is a great time for all! Open to ages: 4-14 years old

Please fill out a Gym Jam waiver prior to participation.

Dates:

August 28, 2009
September 11 & 25, 2009
October 16 & 30, 2009.
November 13 & 20, 2009
December 4 & 11, 2009
January 15 & 29, 2010
February 12 & 26, 2010
March 12 & 26, 2010
April 16 & 30, 2010
May 7 & 14, 2010

E. BIRTHDAY PARTIES:

Every weekend Nasser Gymnastics hosts birthday parties for children, ages 3 and up. Birthday parties at Nasser Gymnastics are fun for everyone! We provide a great atmosphere for your child to celebrate his or her birthday with their friends. The party features an hour-long of gymnastics fun, then a half an hour for cake and snacks.

Nasser's is a full service birthday. We provide:

- All the paper products (plates, napkins, utensils, tablecloths, and trash bags)
- Decorations
- All the set up and clean up.
- Completely private party room
- Birthday invitations
- A Nasser T-shirt for the birthday child
- A gift registry (if you open your presents while you're with us)
- Lots of supervised fun in our 14,000 square feet facility

Parents are welcome to bring any party accessories they choose for their child. No mess to clean up, no weather worries...just bring the refreshments, sit back and watch the fun! We love birthdays, and look forward to celebrating together.

Fees:

1-10 Children: \$150

11-15 Children: \$200

16-20 Children: \$250

Reserve your spot with a \$50 deposit.

Remember to book early.

Feel free to ask the office for more information.

F. CAMP DATES:

Half Day Camps 9AM-1PM:

Monday-Thursday December 21-24

Monday-Thursday December 28-31

\$10 Registration Fee, \$20 a day for ages 3 & 4, \$18 a day for ages 5 and up.

Register now before it fills up!

G: PRIVATE LESSONS:

Private Lessons are individual lessons that vary in time, instruction and plans according to the student's requests. Private instruction is generally recommended if a gymnast or cheerleader is working on a particular skill or skills which need development or correction. The student may request a coach or if he/she has no preference, one may be assigned to them. Membership is not required. Payment and completion of our waiver form is required prior to the lesson(s). Please see the office to schedule a private lesson.