

Rockland Gymnastics

A Great Foundation!

Building a Better
Building a Better
Mind & Body
Mind & Body
USA

GYMNASTICS Member

- Low class ratio
- Preschool & Recreational specialist
- Certified & Qualified Staff
- State of the Art Gymnastic Center
- Birthday Party Room * Bathroom w/ Lockers
- Heating & Air-Conditioned Facility

Rockland Gymnastics

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Toddlers

Preschool

Recreational

Birthday Partys

Girls Team & Boys Team

Summer Camp & Classes

Sport Classes

Adult Classes

Cheer Tumbling * Cheer Team

Private lessons

State Champs

We Develop Confidence and Self Esteem One Child At a time!

Welcome to

Rockland Gymnastics Academy

In Combing the wealth of knowledge of our instructors and directors who have been teaching since the early 1970's, we have put together the most comprehensive instructional gymnastics program.

At Rockland Gymnastics Academy we are dedicated to providing each student with the opportunity to develop his/her motor skills through a progressive gymnastics training system giving students the opportunity to improve self-esteem and self confidence through a non-competitive athletic experience. The fun and friendly atmosphere allows students the ability to attain personal growth. The goal of our program is the success of each student as an individual.

Our commitment to youth fitness is strong whether student are joining us for classes, team, summer camp, holiday mini-camp, or our birthday parties. Our strong base of qualified professional allows Rockland Gymnastics Academy the unique opportunity to offer great growth potential for its students. The teaching staff has access to the most current and advance teaching techniques and training camps. Qualified staff implement our program designed to build **self-esteem** and **confidence**. These key factors are the key to success both now and in the future of your child.

Mission Statement

"We are dedicated to rebuilding the youth of America by developing a love for healthy activity."

Philosophy

We help children develop physically, emotionally and increase their natural ability by developing self-esteem and confidence one child at a time.

Preschool Gymnastics

Having a fun and safe productive environment is always our prime objective. We strive to provide a fun filled gymnastics experience utilizing movement education and childhood games in developing fundamental motor skills. We hope to give each student great confidence to meet challenges ahead through fitness, awareness, and self assurance. Program includes the following classes; **Me & My Shadow (1-2)**, **Jolly Jumpers (21/ 2-3)**, **Cosmic Bears (3-4)**, **Thunder Cats (4-5)**, **Five Alive (5-6)**

Recreational Gymnastics

For students ages 5-16. No experience is necessary to enter this program. We use a structured class format which allows student adequate warm up time and rotations on all Olympic events and trampoline. Students are taught in groups according to their ability. Students will receive training and developing of skills on each apparatus in a logical and progressive order so they feel pleased with their accomplishment. Classes are taught in a "Friendly non competitive atmosphere. Program includes the following; **Alpha I (Beginners)**, **Alpha II (Intermediate)**, **Star (Advanced)**

Team Program

For gymnasts who have mastered basic gymnastics skills. This program is for the serious students who enjoys gymnastics and the desire to work hard. The team program requires a dedicated student and a supportive parent network at home. Participants attend two or more session per week. This program includes the following; **Talent Team, Pre-Team, and competitive Levels 4 through 10.**

Cheer/Tumbling

This program combines tumbling and trampoline, flexibility, and strength training for the enhancement of basic and advanced skills and improve current skills through better technique, develop balance, agility and coordination.

Cheer Team

Our goal is to provide the athletes with a positive atmosphere where they enjoy the sport of cheerleading. Along with the physical benefits of competitive sports, it is our intention that the simple principles of self-discipline and hard work be an important part of the process. In the end, developing strong athletes both physically and mentally is our focus

Dress Code

GIRLS: Leotard, No Socks-Bare Feet, Hair Tied Back, No Jewelry or Gum



BOYS: Shorts/ Sweat Pants, No Socks-Bare Feet, T-Shirt, No Gum

Rules and Policies

-Three make up classes are allowed per session. Make-up classes must be scheduled with the office. Make-ups may not be carried over to future session or refund.

-Evaluation classes are offered to new student at a fee of \$10.00. A new student is someone that has never taken classes at Rockland Gymnastics Academy.

-You may at any time switch your child's class to another day or time for a fee of \$5.00.

-A child cannot be allowed into class without their tuition being paid. Please pay your tuition when due, or contact office to make arrangements to use our installment plan.

-Parents are welcomed to watch and wait in the waiting/ viewing area. Please be responsible for your children and siblings in waiting/ viewing area.

-In the interest of your child's safety, please do not interrupt class or enter the gym floor. We need your child's undivided attention.

Fee and Payments

-Tuition for each session may be paid in full on or before the first day of class, or you may use our installment plan. Tuition is due on the 1st of the month.. No Refunds will be issued.

-A 10% late fee will be charged for payments not received on their respective dates.

-A \$35.00 fee will be charged for returned checks.

-We offer 20% discount off tuition for a 2nd class and a 10% discount for 2nd sibling and a 20% discount for 3rd sibling.

Weather Watch

Snow day cancellation will be announced over the local radio station. Cancelled lessons due to inclement weather are to be made during the session.