

# About Us

## OUR MISSION

### ***To Unleash Children's Awesomeness!***

Inspiring people to live active, responsible and healthy lives, and preparing leaders for tomorrow by providing an uplifting, safe and inspiring environment.

## WHY?

We see our students as individuals with unlimited potential for awesomeness , and we believe the best way to unlock that potential is through voluntarily engaging them in activities that are challenging in nature; Under the guidance of highly skilled and trained coaches in a safe, controlled and inspiring environment. It is our desire to inspire people to excel in athletics and life.

## OUR UNIFYING PRINCIPLES

- Honor the fundamental value and dignity of all individuals.
- Trustworthiness and integrity.
- Respect and responsibility for self and others.
- Ongoing professional progress and personal growth.
- Open, objective, forthright communication.
- Collaboration and teamwork.
- Dedication and initiative.

## OUR LOVING STAFF

- Our staff is a wonderful group of diverse talents and gifts. All of whom have :
- First aid safety and CPR Certification.
- Safe Sports Certification
- Background check
- NGA professional members
- Completed internal training certification

## TRIED-AND-TRUE WORLD-CLASS CURRICULUM

Our Teaching Curriculum was developed by leading experts in the industry and is designed to:  
Teach skills in small achievable progressions that allow for children to experience success quickly and regularly, thus keeping them excited and motivated to keep learning;  
Encourage participants to progress at a pace that is comfortable to them, while still challenging them to keep learning new skills;  
Build the confidence of each athlete in their own abilities and to promote a positive work ethic;  
Help children enjoy physical activity and develop the life-long healthy habit of exercising.

Quarterly skill evaluations are tracked using our electronic platform and reports are sent via email and can be viewed on your smart phone via iClass app to help keep your child excited about what they are learning, and help you keep track of his/her progress. Children progress through this program as they are developmentally ready for the next group.

# *Our Programs*

## Pre-Primary Gymnastics

Our Pre-Primary classes are for children 18 months to 6 years. This program includes general motor skill and social development as well as gymnastics instruction. The curriculum is broken down into achievable steps that aid in the learning of a skill. Children are provided plenty of opportunity for the successful performance of skills so as to not feel discouraged or overwhelmed by a skill.

## Girls Gymnastics

The Girls and Curriculum is for children 7 to 18 years. Children in this program will begin with the basic skills of gymnastics and progress to advanced skills. The curriculum is divided into 6 levels, level 1 being the beginner level and 6 the most advanced. The curriculum is broken down into achievable steps that aid children in learning as well as provide plenty of opportunity for the successful performance of skills, so that children do not feel discouraged or overwhelmed by a skill. Accompanying the curriculum you get a report that helps keep your child excited about what they are learning, and helps you keep track of his/her progress.

## Ninja Zone ©

For ages 8 mo-14 years. NinjaZone uses your child's energy to create focus! NinjaZone Trainers will tailor the class to help each child rise in potential, igniting their confidence. Beyond skill, this class teaches: • Self-Confidence • Discipline • Impulse Control • Responsibility • Instinctual Safety. A progressive level system evaluates and advances Ninjas on their skills and knowledge of core values as described in the NinjaZone Creed.

## Tumbling

Students will be taught solid tumbling basics and technique, such as rolls, handstands, cartwheels and round-offs, and progress to more advanced skills such as back handsprings and saltos. Special care and attention will be given to insure that the proper progressions are followed so that children may perform all skills safely and with proper technique. A progressive level system evaluates and advances students on their skills

## Competitive Gymnastics Team

This competitive program offers an all optional program with different skill and level requirements for each of the ten (10) skill levels. It is designed to combine all levels of competitive gymnastics into one program - Beginner-Skill Level 1 to College Bound-Skill Level 10.

# Frequently Asked Questions

## How Do I Drop Out From Enrollment?

If you wish to drop your child from a class, you must submit a completed drop form by 19th day of your child's last month of class. ORAL DROP NOTICES ARE NOT VALID. Your credit or debit card will continue to be debited on the 20th of each month until we receive the proper written notification of withdrawal. Drop notice forms are available at the front desk or our website, under FAQ's page.

## How Do I Know If The Gym Is Closed Due To Severe Weather?

We do our best to keep the gym open for your children to get the classes they look forward to. However, if the need arises to close the gym due to severe weather, a notice will be posted on:

- Our website's home page [www.inspireathletics.com](http://www.inspireathletics.com),
- Our Facebook page, <https://www.facebook.com/inspireathleticsusa>
- Our message on the gym's voicemail will be updated.

Updates will be posted by no later than 2:00pm for evening classes and by 8:00am for morning classes. As always, use your best judgment when deciding to make the drive to the gym. We will accommodate missed classes with make-up tokens.

## What Is Autopay?

We offer a convenient monthly auto pay program. All you need to do is enroll on-line or in our office, enter your current credit or debit card information, and accept the terms and conditions of the Auto Pay Program. We will then debit your card on the twentieth of each month for the following month's tuition, for as long as your child is enrolled in our program.

## What Do I Wear To My Class?

- We prefer that girls wear a leotard, however a T-shirt (tucked in) and shorts is acceptable. Boys should wear shorts and a tank top or T-shirt (tucked in). Please do not wear mid-drifts, jeans, buckles, belts, or zippers. Leotards with skirts are not recommended as they tend to get caught on the bars.
- Ninjas must wear ninja uniform
- No jewelry except stud earrings.
- Bare clean feet.
- Long hair must be tied back with an elastic band. We do not suggest hair clips, or other accessories.

## If I Miss A Class, Can I Do A "Make Up"?

Your payment saves your child's spot in his/her REGULAR class; that is the only spot your child is guaranteed. Beyond that, when possible, we try to accommodate occasional absences by allowing missed classes to be made-up.

Notice is required 48 hours in advance for planned absences in order to receive a makeup token. Absences can be requested through your parent portal on the website or iClass Pro app, or by emailing, calling, or stopping by the Front Desk. Please, do not rely on coaches to forward the request. Please note that advanced notification is what allows us to offer makeup classes and is only available if there is room in the desired makeup time.

Absences requested for emergencies or illness within 48 hours of the class will be considered for makeup tokens on a case-by-case basis and are not guaranteed a makeup token. If your child is sick, please do not bring him/her to class, please, contact the front desk as early as possible and we will do our best to accommodate for such instance.

For more information and instructions on how to schedule a makeup class from your parent portal or our app, go to our website [www.inspireathletics.com/classmakeup/](http://www.inspireathletics.com/classmakeup/)

## What If I'm Late To Class?

Any student who is more than 10 minutes late will not be permitted to join their class. This is a safety concern.

# 30-Day Money Back Guarantee

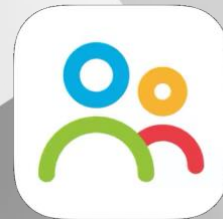
We believe we offer the best children's gymnastics program in the area. We also understand that we cannot always offer exactly what all children need. That is why we offer you the following guarantee: If at anytime during the first month (4 consecutive weeks from date of enrolled) you are not completely satisfied with our program, we will refund your tuition.

Notes: Our money back guarantee is intended for BRAND NEW families to Inspire Athletics. Annual Membership fee is non-refundable as they are developmentally ready for the next group.

## With the iClassPro app you can easily...

- Manage makeup class tokens.
- Request class enrollment.
- View Skill tracking charts.
- Update payment information
- View billing History

Simply download the App and search for the club INSPIRE and log-in to your account.



## Did you know?

We are always looking for happy and responsible people interested in joining our staff? If you'd like to learn more, visit:

[www.inspireathletics/careers](http://www.inspireathletics/careers)

## Shop with us!

Gymnastics and Ninja apparel, Training Equipment, Gifts and much more.

[www.inspireathletics/proshop](http://www.inspireathletics/proshop)



## IT WARMS OUR HEARTS!



If we earned it, we love reading great reviews on social media or notes of appreciation to our staff.



# *General Policy Information*

## Monthly Tuition:

Our program is structured so your child can enroll in class at any time on a month-to-month basis. The number of classes will vary month to month depending on the calendar, breaks and holidays, which means your child may have 3 classes one month, 4 the next, or 5 in another. Regardless, the total number of classes evens out during our "Gym" year from August to July. If your child's class meets 5 times in one month, we will not charge extra. Consequently, if it meets 3 times in one month, due to holidays or breaks, you will not receive a credit or make up. All Holidays and Breaks are figured into our yearly cost of running classes, and then divided evenly into 12 months.

## Payment Specifics:

Full payment is required with registration. Tuition payments by check, cash or credit/debit card may be made at the front desk. We accept Master Card, Visa, and Discover. Registration and payment may also be done on-line (credit and debit cards only). We do not accept Money Orders. Ongoing tuition payments are monthly through Auto Pay via credit or debit card.

## Auto Pay –

We offer a convenient and secure monthly Auto Pay Program. All you need to do is enroll online or in our office, enter your current credit or debit card information, and accept the terms and conditions of the Auto Pay Program. We will then debit your card on the 20th day of each month (or the first business day after) for your child's tuition for the following month, for as long as your child is enrolled in our program. Example: September's tuition will be charged to your card on August 20th. Please note the following:

You are responsible for insuring we have current credit or debit card information on file that is not expired and has charging or debit privileges.

If you would like to pay with cash or check, you may do so at our front desk by the 19th (or last business day before it). If payment is not received by the last business day before the 19th of the month, tuition will be charged to the card on file. If there is not a card on file, a \$10 processing fee will be added to the account and a reminder email will be sent and phone call made. The account must be paid in full by the 28th or your child will be dropped from class effective the last day of the same month, and the spot will be offered to a student on the wait list.

Should your bank decline the debit, or your card company decline the charge or debit, a \$10.00 fee will be charged to your account and is immediately due. You must pay your account in full at that time. If your account is not current by the 28th of the month, your child will be dropped from class and the spot offered to a student on the wait list.

## Medical Withdrawals:

For medical situations validated by a written acknowledgement from a licensed medical practitioner, you will be granted a credit prorated from THE DAY WE RECEIVE the written acknowledgement. A retroactive request for medical credit cannot be granted, as it eliminates our opportunity to fill the vacated class spot.

## Returning students:

If a student who has dropped class is gone for 6 months or more, they will be required to start their current level over. They will need to earn all their stars for that level as laid out in our curriculum. If students are gone for a year or more, we will schedule a 15-minute evaluation to ensure we place them in the correct class level.

### Closings and Holidays:

If the need arises to close the gym due to severe weather, a notice will be posted on our website [inspireathletics.com](http://inspireathletics.com), on our Facebook page, and the message on the gym voicemail will be updated accordingly.

#### Planned closings for the 2020/21 year:

- September 6th-Labor Day;
- November 24th to 27th-Thanksgiving Break;
- December 21st to January 1st-Christmas Break;
- April 4th to 9th- Spring Break;
- May 30th- Memorial Day;
- July 4th Independence Day

### Building Evacuation:

For all major emergencies such as Fire, Earthquake, Dangerous Intruders, and all life threatening emergencies that require evacuation of the building, staff will usher their class out the exit(s) and to the building adjacent to Inspire Athletics or to the safest area possible as mapped below.

If you (parent) want to leave or take your children home, You must show an ID to the coach in charge of the group.



### Tornado Threat:

Stay calm and line up in the hallway between office area and bathrooms or boys' bathroom. You should kneel facing a wall and cover your head.

Students will be directed by staff to go in the pit under panel mats or in the small closet by the preschool area. Students who have their parent in the gym can be with them, simply advise the coach in charge of the group. We will keep you informed of the ongoing news from the police and the radio. If you want to leave with your children, you must advise the coach in charge of the group.

# Preprimary Program Policies

## Before Class:

All classes will start promptly. It is very important for your child to be ready to begin classes on time. In this program, we start every class with an age appropriate warm up. Warmups are designed to get your student's body ready for physical activity. This will decrease the risk of injury as well as get their brains focused on gymnastics. The following information will help you prepare your student for class.

### Parent Expectations:

- Water bottle – While we do have a drinking fountain available for students to use, we ask that you bring a water bottle for your child. Our Little Gliders (3 year old) class will be allowed to bring their water bottle onto the floor with them to keep in a cubby for drink break (Please note, only water is allowed in the gym area. NO JUICE or POP). If the student does not have a personal beverage, parents will be required to help them get a drink. Because the gym has grown, we have times during the day that it is very busy. We feel that this will help the kiddos stay focused on what they are doing as well as keep them safer. It also provides the coaches the opportunity to stay hydrated AND stay with their class.
- There are benches and coat hooks in the lobby for your convenience. Your student may leave their belongings in the lobby or with you. Please have them remove socks before class.
- Please have your student use the restroom and/or finish snacks before the beginning of class.
- \*Late students must check into the office before being allowed to go to the gym floor. \*\*

### Student Expectations:

- Students must wait for their instructor on the benches in the hallway
- Students are to follow their coach in line onto the floor and then to "Rainbow Road" to find their color.

## During Class:

### Parent Expectations:

- All observers are to remain in the preprimary viewing area. For safety reasons, no one is permitted to sit or stand on the stairs or block any doorways.
- Parents (or the ADULT who is bringing the child to class) are not permitted to leave the building while their child is in class. This is in case of restroom issues, illness, and injury. Because the students in the preprimary program are so young, we feel that parent/guardian attendance is just as important as the student's.
- \* Should your student have a restroom emergency during class time, you are required to supervise their time in the restroom and make sure that they return to class in a timely manner.
- **Parents and siblings should not yell down to the gymnasts as this is a safety concern.**
- Absolutely NO flash photography!

### Student Expectations:

- Listening ears! It is very important for students to follow their coach's directions. This will ensure that all students are safe and get the most out of the class.
- Students are required to wait for instruction BEFORE they are permitted to be on the equipment or using props. As coaches, we do our very best to create stations that are safe, fun, and most effective in teaching a skill. Special instructions are often required for students to understand how to complete the station.
- Only one person on equipment at a time unless the instructor tells you otherwise.
- Look before you cross in front of groups, and never walk through another class.
- Students will have a designated area to go for times when they are finding it difficult to stay focused. These focus spots serve as a way to help students self-regulate and gain control.
- Students who are being unsafe, refusing to participate or unable to follow directions may lose time in the pit. Students who are continuously exhibiting these behaviors will be required to sit with a parent/guardian or adult until they are able to return to class and make better choices. Students who are sent a second time during the same class will not be permitted to come back to class that day and will miss "Pit Time" \*\*\*

### Pit Time:

- \*\*\*Our foam pit is a multi-purpose tool used in nearly every class. In the Preprimary Program, we use "Pit Time" as part of our conditioning and an extension of concepts that are taught in class. We also use the allure of a giant hole filled with fluffy stuff as an incentive. Below you will find specific "Pit Time" rules.
- Students are required to participate in the majority of a class to have Pit Time.
- Jump in FEET, KNEES, or BOTTOM FIRST! In the Preprimary Program, beginner students will not be allowed to flip or somersault into the pit. The only exception to this rule is our advanced Gym Jets Silver class. Absolutely no student will be allowed to enter the pit with their head or stomach first.
- No student under the age of 4 will be allowed to be on the beams or bar in the pit area.
- There is to be no running around the pit. There are too many obstacles and safety becomes an issue.
- Stay on top of the pit foam. Students that try to bury themselves in the pit run the risk of being jumped on.
- FOR FLYING PALS (Parent/tot)
  - Parents are not permitted to be in the foam pit. Should your tot require assistance, the coach will be available to help.
  - Absolutely no tossing your child into the foam. The foam is not as forgiving as water in a pool and your child could easily be injured if tossed too high.

### After Class:

#### Parent Expectations:

- Coaches will be available for a brief period after class for questions and concerns. If you need to discuss a private issue or one that is more in depth, please fill out a Contact Request form in the office and your child's coach or other staff member will contact you.

#### Student Expectations:

- For safety reasons, students are to remember that the skills we practiced on the gym floor are not to be practiced anywhere else in the building.

### Class Readiness Policy:

- We understand that for young children, new situations and people can sometimes be very stressful. This is why we believe that, in special circumstances, having a parent/guardian escort a child to his or her first class can be necessary and beneficial. We also believe that this extra help should be temporary. Below is our policy for determining the readiness of a student to be in this type of class setting. (This policy does not apply to Flying Pals)
- For the first class (or the first time in a new class) parents will be allowed to escort their child onto the floor and stay with them for the duration of the class but only if the situation requires. They will have a designated area and must STAY in that area. The child will be allowed to go to the adult on the floor, however, the adult is not permitted to help with or follow their child to the stations.
- By the second class, it is recommended that students who are still uneasy going onto the floor by themselves have parents escort them to the floor but then go to sit in the viewing area. Students will not be permitted to leave and then come back in the middle of class. This creates a disruptive and dangerous situation for not only the child leaving, but the rest of the class and coach as well. We recommend that parents sit with their child in the viewing area and watch class. The child will have another opportunity to join class at drink break.
- By the third class, we recommend that parents allow the coach to escort the child to the gym floor. Parents will not be permitted on the floor. Should the child need to leave the floor on the third day of class, the same procedure as the second class will apply.
- By the fourth class, it is recommended that students line up with the rest of the class to go out onto the floor. If a student is still requiring parental assistance, we ask that the parent sit with their student in the viewing area until the end of class, at which time the coach and parent will conference to discuss the readiness of their child to attend class and what other options are available.



# *School Age Class Policies*

*\*Gymnastics / Tumbling / Ninja*

- There are benches and hooks in the lobby where your child may put belongings. Please do not leave valuables in this area as we cannot provide constant supervision there, and we are not liable for lost or stolen items.
- Gum and candy are not permitted in the gym area.
- There is a water fountain by the restrooms, but feel free to bring something for your child to drink. Beverages will need to be kept with the child's belongings or with the parents.
- Please have your child use the restroom before class so that she/he does not miss out on valuable class time.
- Students should wait for their class on the benches in the hallway. Students are only allowed in the gym area during their class time, with their coaches.
- The observation area is upstairs. For safety reasons and for ease of traffic flow, please do not stand or sit on the stairs to watch your child. Parents are not allowed in the gym area.
- Coaches will be available in the lobby after class to answer questions. We have Parent/Coach Contact Request forms that are available in the lobby in case you have extensive questions regarding your child's class, progress, etc. Please fill a form out and hand it in to the office or coach.
- Please do not block the hallway or any doorways leading into the gym area. There are times that there are several classes starting and/or finishing at once, and keeping the doorways clear allows coaches and students to get to where they need in a timely manner.
- No flipping in the hallway or any other areas besides of the actual gym area. This is a big safety hazard, and we want everyone to have a safe and enjoyable experience!

## *Info for Ninjas*

### *Ninja Uniform:*

- To promote discipline and unity, Ninja Sport International requires uniforms for all Ninja Zone classes. We do sell the shirts and headbands in our Pro Shop, but we do not always have every size shirt in stock. You can also order the uniform online on the Ninja Zone Store website: <http://theninjazone.store/uniforms/>. Ninja HQ will ship your child's uniform free of charge, directly to your home. Make sure to select Inspire Athletics as your gym when requested.

### *Ninja Mission:*

- When it is time for your child to move up to the next level, they will be given an invitation by their coach to their "Secret Mission." Students must complete their mission to move up (This does not include Lil Ninja. They do not need to complete a mission to move to White Ninja.) The mission is typically held on a Saturday one to two weeks after evaluations. The mission typically includes a large obstacle course, the students reciting a few lines of creed, showing off the skills they learned in class, and receiving a certificate. It's a great opportunity to showcase your ninja, and to let them show you how hard they've been working in class. We encourage family members to come, take pictures and have fun watching your ninja!