

## **WELCOME TO THE OMEGA SCHOOL OF GYMNASTICS!**

Listed below are the policies that our gym follows. Please take the time to read them and feel free to ask any questions.



**OFFICE HOURS:** M-TH 4:00-7:30 PM (MAY 30 - JULY 20)

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**SESSION FEE(S):** Full payment must be made at initial sign up to receive discount. Your child's spot is only held for the session(s) paid. No spots will be reserved in future sessions unless full payment is made for the session.

**REGISTRATION FEE:** This fee is payable when a family first begins classes at Omega and is \$30 per student per year. It is renewable on an annual basis in whichever month of the year the family begins classes.

**MEDICATION POLICY:** All students are prohibited from possessing any over-the-counter or prescribed medications without the express written permission from the child's doctor and/or parent. Any and all said medications must be labeled with your child's name and clear written instructions on its usage. All medication will then be handed in to the Omega office for safe-keeping. Under no circumstances will any medications be shared with any other student or sibling.

**FAMILY DISCOUNT:** If more than one family member is involved in **gymnastics/tumbling** classes at Omega or KiDS, we do offer a discount on the total class fee due per session. A second child (or more) receives a \$5 discount (per additional child per session). Discounts apply only to full sessions of attendance and do not apply to students enrolled in swimming classes at KiDS body shop.

**MAKE-UP CLASSES:** Make-up classes will be offered should your child be unable to attend their regular weekly class. **However, you must notify the office at least 2 hours in advance of your child's absence from class in order to be eligible for a make-up class.** It is necessary for you to **call the office, 402.339.2924, to schedule a make-up class** so that we do not overload any other class. Make-up lessons will be scheduled on an availability basis only, are not guaranteed, and may not be rescheduled. Make-up classes must be made up within the session. Credits will only be given for lengthy illnesses or injuries and pro-rated fees are based on a 4-week session. Please note, **make-up lessons may not be rescheduled.**

**ATTIRE:** All students must come dressed for class in proper attire as we have no locker room facilities. No special uniform is required for gymnasts, but students must be able to stretch and move comfortably. Leotards or knit shorts and shirts are suggested. No shoes are needed, just socks that may be removed if need be. No tights for gymnasts please. Also, no gum, jewelry, large hair barrettes, street shoes, belt buckles, jean shorts or back zippers are allowed for the safety of the gymnasts. Long hair must be tied back.

**ARRIVALS-DEPARTURES:** Students should not report to the gym more than 5 minutes prior to their class time as they will not be allowed in the gym area. We are responsible for students only during their regularly scheduled class times. Please note that you may be charged for the instructor's time if you do not pick your child up on time and an instructor is required to stay after hours to wait with them.

**SAFETY PRECAUTIONS:** There are 4 clearly marked exits directly to the outside from the instructional area in the gym in case of fire. During a tornado warning, the students will be taken to the safety pits and gym mats will be pulled over them (the pits are five feet below ground level). All gym instructors, and many of the other staff, have been trained in First Aid and CPR procedures.

**INJURY POLICY:** Any activity that involves motion carries with it the risk of injury. Our instructors are first aid, CPR, USAG Safety Certified, and Professional Development Program Certified to deal with a situation should one occur. Our policy regarding injuries will be determined by the severity of the injury. Should it be necessary for anyone to be transported to a medical facility, we will call Emergency Medical Services (EMS). The parent or guardian will be notified as soon as the situation is stable.