

Nasser Gymnastics Academy, Inc.

*Inspire Dreams. Motivate Champions.*

*Gymnastics & Cheerleading Handbook*

3055 Old Shell Road nassergym@yahoo.com

Mobile, AL 36607 **251-479-9311** www.nassergym.net

Dearest Nasser family and friends:

We would like to thank those families who allow us the distinct honor to share in the beautiful experience of nurturing and developing your children’s athletic development through the art of gymnastics and cheerleading.

As a former Olympic gymnast, Mr. Nasser founded Nasser Gymnastics Academy with the vision to build a facility that would provide a safe, developmental, and rewarding environment for aspiring gymnasts. He instituted progressive training techniques to ensure each student received the best instruction possible while having fun. We are proud to continue in following those traditions today.

Today, Nasser Gymnastics is managed by Laleh Parvinrouh, Mr. Nasser’s daughter. Having been raised in the gym, she has learned from the best hands-on experience and carries the vision upon which the Academy was founded. Laleh has carefully selected her staff and takes pride in her efforts to provide your children with the most supportive instruction and highest quality experience.

We are grateful to have served the families in Mobile and the greater bay area for the past 49 years. We have watched children grow into parents. We are thankful to the loyal families who grow with us and invite us to help with the development of the following and future generations.

Old and new, we welcome your family to ours. Thank you for giving us the pleasure of passing the Nasser Gymnastics torch to your children.

Sincerely,

The Nasser Gymnastics Academy Family

Why take Gymnastics?

Gymnastics is the BEST SPORT! It offers the most comprehensive skill set and produces the MOST well-rounded athletes. Coaches of other sports LOVE having gymnasts on their teams because of their unrivalled athleticism. Gymnasts demonstrate the strength of a weight lifter, the force of a football player, the coordination of a basketball player, the agility of a soccer player, the rhythm of a dancer, the speed of a baseball player, the endurance of a marathon runner, the balance of a tight rope walker, the grace of a figure skater and the flexibility of a ballerina, all in a single routine. WHEW! Add to this the mental benefits of gymnastics, including discipline, determination, self-confidence, respect and team spirit, simply, gymnastics rocks!

****Mission****

**Inspire Dreams. Motivate Champions.**

****Philosophy****

**Teaching students to become healthy, happy, goal-oriented athletes. It is our top priority to provide children with a positive outlet in a fun, safe environment. Our progressive programs are designed to challenge our students to always strive to reach the next level, with the ultimate goal of producing well-rounded, competitive gymnasts.**

****Class Descriptions****

**Please see our list of class descriptions on our website.**

Announcements & Social Media

Like our Facebook page, Nasser Gymnastics.

Add us on Facebook, Nasser Gym.

Follow us on Instagram at @nassergymnastics.

Policies

Gym rules are for the safety of you, your child, coaches, staff, and other gym members. This policy reduces the risk of injury and helps our gym run smoothly, ensuring a pleasant experience for all our guests.

Annual Membership Fee

An enrollment form and waiver must be completed for each student prior to participation.

An annual membership fee will be applied when a new student enrolls and, subsequently, every 12 months following. The fees are $40 per student, $75 for two students and $100 per family.

TUITION PAYMENTS

We offer a complimentary automatic payment withdrawal (“ACH”) which we highly **recommend and** **prefer.** Please see our office if you are unable to set up ACH.

TUITION IS DUE ON THE 1st of the month. Payments received after the 7th will be charged a $10 late fee.

1. Monthly newsletters are emailed; we do not mail bills or invoices. If tuition is not received by the third class of the month, a $20 late fee will be assessed and the student will be dropped from the class until the account is paid in full.

2. Monthly tuition is applied to four weeks of lessons within a calendar month; therefore, 5th weeks will be used as make-up. There is a make-up schedule to accommodate gym closings and holidays. Please see “Gym Calendar” for the complete list. Holidays are considered when establishing pricing and scheduling so that your child’s tuition will remain the same each month. Missed classes cannot be used in lieu of tuition. Only during the months of June and July will tuition be pro-rated for missed classes.

3. Tuition is non-refundable and will only be prorated for NEW students who enroll in the middle of a month. When a child is enrolled in a class, his/her place is reserved. Therefore, tuition must be paid on time and in full regardless of attendance.

4. We accept cash, check, money order, or debit/credit card as payment. There is an additional **2.75%** convenience fee on all credit/debit card payments. Checks may be dropped in the payment box by the office. Be sure to include the child’s name with payment and always obtain a receipt for cash payments.

5. There is a $35.00 handling charge for all returned checks.

***Valuables should not be brought to the gym.***

***Nasser Gymnastics Academy, Inc. is NOT responsible for items lost or stolen on the premises.***

MAKE-UP CLASSES

Each child is allowed one make-up class per month. Make-ups must be scheduled through the office, not the coach. Missed classes must be made up within the same month of the absence.

1. Make-up classes are held the last Saturday of the month. Make-ups not scheduled within one month are forfeited. Due to limited availability of class space, only one class may be made up per month, regardless of the number of classes missed during that month. Make-ups are granted in circumstances such as illness, death in the family, etc. If a scheduled make-up class is missed, another make-up class will not be permitted. Only the office staff can schedule make-ups. Please contact the office after the absence, to see if you qualify for a make-up class.

2. Please do not bring sick children to the gym. Any child showing signs of illness will be asked to leave the facility. There will be no exceptions to this policy. In case of illness, please schedule a make-up class.

3. Pre-Team and Team gymnasts receive discounted rates for tuition and are not provided make-ups for missed practices

WITHDRAWAL POLICY

A contract is not required for enrollment and there is no penalty for withdrawal. **To withdraw, a 30 day, written notice is required**. This notice should begiven directly to the office staff, NOT to the instructors.

Until this notice is on file, you will be responsible for full tuition payment. If tuition is not received by the last day of the month and the office has not been notified, the student will automatically be withdrawn from class, and you will be responsible for the last month’s tuition.

DRESS CODE

Students should wear comfortable clothing that allows for freedom of movement. NO zippers, buttons, belts, shoes, socks, jewelry, or watches should be worn to class. Students with hair long enough to get into their eyes must have it tied back. No gum is permitted within the gated gym area.

Two-piece leotards or sports bras and shorts are not allowed on the gym floor, and no bare midriffs.

Girls: Leotards are recommended. Gym shorts and a tucked in t-shirt are also permitted.

Boys: Sport shorts and a tucked in t-shirt. Please no buttons or zippers on shorts.

Cheerleaders: Sport shorts and a tucked in t-shirt. Cheer shoes are not necessary and we prefer cheerleaders to be barefoot.

PLAYROOM

Nasser’s happily provides a complimentary kid’s playroom, located on our second level. Feel free to take younger children upstairs to play, while enjoying a bird’s eye view of your child’s class. All children under the age of 5 must be accompanied by a parent in the play room. Children over the age of 5 must have a parent upstairs while in the play room. Please ensure that children do not drop toys from the balcony and help put toys away after use. No food or drinks are allowed in the play area.

SPRING FESTIVAL: ANNUAL IN-HOUSE RECITAL

Spring Festival is Nasser’s annual exhibition and is held at our gym for our members. This is the anticipated opportunity for all our students to show off the skills they have been working so hard to accomplish. We know our gymnasts look forward to this every year as they prepare routines, tricks, and even cheers they can do for their other teammates.

As we all know, kids love the excitement of having all eyes on them and at Spring Festival we give them that time to shine! At the end of their performance, they are awarded their very own gymnastics trophy to make them truly feel like the Champion they are. We also provide a trophy stand and a Nasser Gymnastics backdrop which makes for a perfect photo This is also a great occasion to take photos of your star. You don’t want to miss this spectacular show, so save the date for Saturday, ***April 25, 2020!***

GYM JAM: PARENT’S NIGHT OUT

Gym Jam is our popular Parent’s Night Out offered on select Friday nights! Gym Jam is great for both parents and children. It provides parents an opportunity to enjoy some free time, while children have a blast playing awesome games, showing off in relay races and talent shows, and taking turns on fun equipment like the pit and trampoline. Gym Jam is open to both members and non-members, ages 3+.

Register your kids today for a fun filled night that will work out your kids for cheaper than a baby sitter. Gym Jam is $22 and includes open play and organized activities from 6:00pm-9:00pm and pizza and soda for dinner. A waiver must be signed prior to participation.

***Though pre-registration is not required, we will cancel the event (and provide notification if cancelled) if fewer than 12 participants sign up by noon the prior Wednesday. Contact us to reserve your spot.***

BIRTHDAY PARTIES

A Nasser Gymnastics Birthday Party is guaranteed FUN and stress free for parents! We offer a unique experience for your child to invite their friends and have fun in the gym.

Through supervised gym activities including obstacle courses, games, parachute, trampolines, foam pit fun, and lots of gymnastics, your child will feel as special as they can. After the thrill in the gym, we’ll move into our beautifully painted party room to continue the celebration. Your child will always remember that special birthday spent at Nasser Gymnastics.

Our Birthday Party Package Includes:

* Private use of our gymnastics paradise
* Supervised & Instructional gymnastics activity
* Private party room for refreshments, cake, and pictures
* Clean up after the party

Parties are for members as well as non-members. Nasser Gymnastics hosts parties for children ages 2 and up. Parties are 90 minutes with 1 hour spent in the gym and ½ hour in the party room.

Parties are typically held on Saturdays, although we can help you find an available weekday time for your party.

The price for a Nasser Gymnastics Birthday Party is $175. Price is for up to 10 children; each additional child is $10. A non-refundable deposit of $75 is due when the party is booked and the remaining balance will be due at the end of the party. Extra time on the floor or in the party room can be scheduled at an additional cost. Please call one week in advance with the actual number of party guests.

**Party Hosts**

WHAT TO BRING:

* Paper plates, napkins, cups, utensils
* Food (cake, ice cream, drinks, pizza, etc.) \*We have a refrigerator and freezer to keep things cold
* 2 tablecloths (for 2 standard-sized picnic tables)
* Party favors
* A knife to cut the cake, matches, candles, and a camera
* Waivers provided by the office must be signed prior to participation
* Be sure to tell guests to wear comfortable clothing such as shorts, t-shirts, or leotards, and they will go barefoot on the gym floor
* Children under the age of 2 must be accompanied by an adult throughout the party

BEFORE: Arrive no earlier than 15 minutes prior to your scheduled start time.

DURING: Set up the party room (if you have not already) & watch the party fun!

AFTER: Party room will be cleaned immediately at the end of your reservation. Please stop by the office to settle your balance.

Be sure to give us your feedback on your Birthday Party.

Instructors demonstrating outstanding service may receive tips.

We want your party to be a blast and are here to meet your needs. Let us work with you to create the perfect party experience!

FIELD TRIPS

If you are interested in something fresh and exciting for your school or day care program, then Nasser Gymnastics has what you need. Field Trips at Nasser Gymnastics are organized, energetic and fun! With the aid of our excited and trained staff, the children will go through structured obstacle courses, learn cool flips, use gymnastics equipment and have plenty of pit and trampoline time. Gymnastics experience is not necessary. A waiver must be signed prior to participation. There is a $7 fee per participant with a $70 minimum.

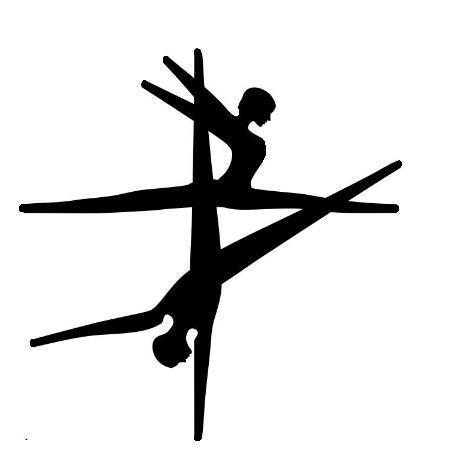
PRIVATE LESSONS

Is your child wanting to learn a specific skill? Are cheerleading tryouts soon and you need that back handspring? Private Lessons are perfect for you! A lesson plan is specifically created to fit your child’s needs and to get him/her on the path to success. Membership is not required for private lessons. Private lessons must be scheduled in advance and paid at the time of scheduling. A 24-hour notification must be provided to receive a refund, cancel, or reschedule. All participants must have a signed waiver prior to the lesson.

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|  | **1 Student** | **2 Students** |
| **30 Minutes** | $30 | $40 ($20 per student) |
| **45 Minutes** | $40 | $52 ($26 per student) |
| **60 Minutes** | $50 | $64 ($32 per student) |

INCLIMENT WEATHER

In the case of inclement weather, please check our Facebook or website for announcements.

*Do you see the two gymnasts in our logo? There is a girl doing a leap and a boy doing a cartwheel!*

Nasser Gym Important Dates and Closings

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| Important Dates and Closings | MAKE UP DAY |
| Closed: August 31 (Sat) | No Make-up needed, 5weeks in a month |
| **Closed:** September 1-2 (Sun-Mon) for Labor Day | Sept. 1-2: No Make-up needed, 5 weeks in a month |
| **Dress Up Week:** October 21-30 (Mon-Wed) wear costumes  (make sure costumes can be worn while doing gymnastics)  **Closed:** October 31 (Thurs) for Halloween | Oct 31: No Make-up needed, 5weeks in a month |
| **Azalea Classic:** November 8-10 (Fri-Sun) Nasser Gymnastics is hosting our 3rd Annual Azalea Classic!  **SEC College Football Week:** November 18-26 (Mon-Tues) wear your SEC clothes and compete in Penny Wars  **Closed:** November 27-30 (Wed-Sat) for Thanksgiving | Nov. 8: Fri, August 30, 5 weeks in a month  Nov. 9: Call to schedule a make-up class  Nov. 27: Wed, April 29, 5 weeks in a month  Nov. 28: Thurs, April 30, 5 weeks in a month  Nov. 29: No Make-up needed, 5 weeks in a month  Nov. 30: No Make-up needed, 5 weeks in a month |
| **Closed:** December 23-31 (Mon-Tues) for Christmas  **Holiday Camp:** TBA on Facebook | Dec. 23: Call to schedule a make up  Dec. 24: Tues, October 29, 5 weeks in a month  Dec. 25: Wed, October 30, 5 weeks in a month  Dec. 26: Thurs, January 2, 5 weeks in a month  Dec. 27: Fri, January 3, 5 weeks in a month  Dec. 28: Sat, February 29, 5 weeks in a month  Dec. 29-31: No Make-up needed, 5 weeks in a month |
| **Closed:** January 1 (Wed) for New Year’s | No Make-up needed, 5weeks in a month |
| **Closed:** February 23-25 for Mardi Gras | Feb. 24: Mon, March 30, 5 weeks in a month  Feb. 25: Tues, March 31, 5 weeks in a month |
| **🎖 April 25 (Sat): No Classes due to Spring Fest** | April 25: Call to schedule a make-up class |
| **Closed:** May 22-25 (Fri-Mon) for Memorial Day | May 22-24: No Make-up needed, 5 weeks in a month  May 25: Call to schedule a make-up class |
| **Closed:** June 30 (Tues) for Fourth of July | June 30: No Make-up needed, 5 weeks in a month |
| **Closed:** July 1-4 (Wed-Sat) for Fourth of July | July 1-3: No Make-ups needed, 5 weeks in a month  July 4: Call to schedule a make-up class |

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NASSER GYM CALENDAR

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| **August 2019** | | | | | | | | | | |  | **September 2019** | | | | | | |  | **October 2019** | | | | | | |  | **November 2019** | | | | | | | |
| S | M | T | W | | T | | F | | S | |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |
|  |  |  |  | | 1 | | 2 | | 3 | |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  |  | 1 | 2 | 3 | 4 | 5 |  |  |  |  |  |  | 1 | 2 |
| 4 | 5 | 6 | 7 | | 8 | | 9 | | 10 | |  | 8 | 9 | 10 | 11 | 12 | 13 | 14 |  | 6 | 7 | 8 | 9 | 10 | 11 | 12 |  | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11 | 12 | 13 | 14 | | 15 | | 16 | | 17 | |  | 15 | 16 | 17 | 18 | 19 | 20 | 21 |  | 13 | 14 | 15 | 16 | 17 | 18 | 19 |  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 18 | 19 | 20 | 21 | | 22 | | 23 | | 24 | |  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |  | 20 | 21 | 22 | 23 | 24 | 25 | 26 |  | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 25 | 26 | 27 | 28 | | 29 | | 30 | | 31 | |  | 29 | 30 |  |  |  |  |  |  | 27 | 28 | 29 | 30 | 31 |  |  |  | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| **December 2019** | | | | | | | | | | |  | **January 2020** | | | | | | |  | **February 2020** | | | | | | |  | **March 2020** | | | | | | | |
| S | M | T | | W | | T | | F | | S |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |
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| 8 | 9 | 10 | | 11 | | 12 | | 13 | | 14 |  | 5 | 6 | 7 | 8 | 9 | 10 | 11 |  | 2 | 3 | 4 | 5 | 6 | 7 | 8 |  | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | | 18 | | 19 | | 20 | | 21 |  | 12 | 13 | 14 | 15 | 16 | 17 | 18 |  | 9 | 10 | 11 | 12 | 13 | 14 | 15 |  | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | | 25 | | 26 | | 27 | | 28 |  | 19 | 20 | 21 | 22 | 23 | 24 | 25 |  | 16 | 17 | 18 | 19 | 20 | 21 | 22 |  | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | |  | |  | |  | |  |  | 26 | 27 | 28 | 29 | 30 | 31 |  |  | 23 | 24 | 25 | 26 | 27 | 28 | 29 |  | 29 | 30 | 31 |  |  |  |  |
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| **April 2020** | | | | | | | | | | |  | **May 2020** | | | | | | |  | **June 2020** | | | | | | |  | **July 2020** | | | | | | | |
| S | M | T | W | | T | | F | | S | |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |  | S | M | T | W | T | F | S |
|  |  |  | 1 | | 2 | | 3 | | 4 | |  |  |  |  |  |  | 1 | 2 |  |  | 1 | 2 | 3 | 4 | 5 | 6 |  |  |  |  | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | | 9 | | 10 | | 11 | |  | 3 | 4 | 5 | 6 | 7 | 8 | 9 |  | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | | 16 | | 17 | | 18 | |  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |  | 14 | 15 | 16 | 17 | 18 | 19 | 20 |  | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | | 23 | | 24 | | **25** | |  | 17 | 18 | 19 | 20 | 21 | 22 | 23 |  | 21 | 22 | 23 | 24 | 25 | 26 | 27 |  | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | | 30 | |  | |  | |  | 24 | 25 | 26 | 27 | 28 | 29 | 30 |  | 28 | 29 | 30 |  |  |  |  |  | 26 | 27 | 28 | 29 | 30 | 31 |  |
|  |  |  |  | |  | |  | |  | |  | 31 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Dates in Gray**:** GymClosed **Spring Fest (Recital): April 25**

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| Dates Out­lined: Gym Jams |
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2019-2020 Gym Jam Dates

January ……. 17

March ……. 6

April .………. 17

May …….... 15

September …. 27

October ……. 25

November …. 15

December …. 6

