



# **Auburn Gymnastics Center**

**Recreational Program Handbook  
2010-2011**

1604 15<sup>th</sup> St SW, Suite 104\* Auburn, Washington \* 98001  
Phone: 253.876.9991  
[www.auburngymnastics.com](http://www.auburngymnastics.com)

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## 1.1 INTRODUCTION

### WELCOME

Thank you for your interest in Auburn Gymnastics Center's recreational program. Our classes will provide an opportunity for your child to develop confidence, poise, individuality, mental and physical discipline, determination, work ethic and self-respect. Your gymnast will mature among individuals and circumstances that will demand his or her finest efforts and judgments. Your child will develop close relationships with other young athletes and will enjoy the interaction of working with other gymnasts.

Gymnastics is one of the greatest overall body conditioning activities your child could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, balance and grace. Some of the mental attributes we hope to develop are positive self-image, self motivation, tenacity, patience, goal setting, courage and teamwork. It is rewarding and fun to work hard, improve skills and achieve goals.

### AGC HISTORY

Brent Phelps purchased Auburn Gymnastics Center in April of 1997. Initially AGC had a total enrollment of less than one hundred students with no team at all. During our first competitive season we had five girls compete levels seven through nine. During our second season (1998 – 1999) we added a competitive boy's team bringing our total competitive athletes to over sixty. Our team program has consistently grown and we currently train over one hundred competitive gymnasts. Auburn Gymnastics Center currently trains several State, Regional and National Champions.

Auburn Gymnastics Center moved into our new 18,000 square foot facility in June of 2010. Our facility is one of the best equipped gymnastics training centers in the United States. The gym has already hosted the Region 2 Congress for Coaches and Judges, several Sectional and State Championships, National Judges Cup, Western National Championships and Junior Olympic National Championships as well as our "All American Invitational", one of the largest competitions in the Northwest. Our team program continues to produce some of the top gymnasts in the country. AGC won 25 medals at Western National Championships in 2010, the most of any gym in the country, of which many of those gymnasts started in our rec program!

### AGC PHILOSOPHY

We exist to make a positive impact in the lives of our students. Our goal is to develop happy, healthy, confident young men and women. AGC is dedicated to providing a positive atmosphere for all parents, students and staff members. Our focus is and will always be the best interest of the child. Safety is of the utmost importance and will never be compromised.

Auburn Gymnastics Center employs the finest coaches and support staff available in our industry. Our rec coaches are all very accomplished and have contributed to several years in working with children in recreational gymnastics. Some of our coaches have been part of our program since AGC opened in 1997.

## 2.1 PRESCHOOL/RECREATIONAL COSTS AND FEES

### AGC EXPENSES

Auburn Gymnastics Center's Recreational Program runs on a 4wk session basis. Tuition is due on or before the first class of each session. Tuition is considered late on the second class of the session and will be assessed a late fee of \$30 if paid after the second class of the session with an additional late fee charged each session that tuition is past due. Tuition is more than fifteen days late may result in your athlete not being allowed to work out. A \$30 NSF fee will be added for all returned checks. *We offer discounts for quarterly (5%), semi-annual (10%) and annual (15%) tuition payments.* Payments accepted include: check (made payable to: AGC); cash; VISA or MasterCard. **THERE ARE NO REFUNDS FOR TUITION FOR ANY REASON.**

## **ANNUAL REGISTRATION FEE**

An annual registration fee for recreational members is due on January 1st of each year. The registration fee after the month of January is on a fee schedule as follows: **THIS FEE IS NON REFUNDABLE FOR ANY REASON.**

	Registration Fee	
Month	Individual / Family	
Jan	35	65
Feb	32	59
Mar	29	53
Apr	26	48
May	23	41
Jun	20	36
Jul	17	30
Aug	14	24
Sept	11	18
Oct	8	12
Nov	4	7
Dec	2	4

## **POSSIBLE ADDITIONAL FEES**

A situation may exist where the recreational classes will have an opportunity to participate in a special competition or event. Additional events not on our schedule will be at a cost in addition to the normal tuition fees.

## **COMPETITION FEES FOR JUNIOR TEAM**

Auburn Gymnastics Center collects fees associated with competition that are scheduled throughout the season for Junior Team meets. These fees include items such as meet entry fees (coach's pay at meets, uniform fees, as well as other team related expenses.)

## **2.2 RECREATIONAL TRAINING TIMES AND TUITION**

Auburn Gymnastics Center offers a wide range of classes throughout the week. Gymnasts can take as many classes a week as they would like. Tuition is currently set-up for 1dy a week or 2dys a week. If a gymnast wants to go more than 2dys a week, check with the front desk for pricing. Tuition is due on the first week of the session. Tuition is late on the second week of the session and a late fee of \$25 is charged.

## **PRESCHOOL CLASSES**

### **TINY STARS Ages 1-3yrs**

One Day Per Week / Two Days Per Week  
Duration: 40mins

The Parent/Tot gymnastics class is an introduction to gymnastics. Children work fine and gross motor skills with lots of parental hands-on assistance. Stations and lessons are developed by our class instructors. Development patterns are emphasized - bouncing, swinging, rolling, and balancing. The initial focus is on having fun with exercise and developing confidence.

### **MINI STARS Ages 3-4yrs**

One Day Per Week / Two Days Per Week

Duration: 45mins

The Mini Stars continue to work on equipment specifically designed to develop fine and gross motor skills, strength, and beginning tumbling skills. In addition to learning gymnastics, the children will also learn valuable social skills, like following directions given by the instructors and taking turns with peers.

### **MIGHTY STARS Ages 5-6yrs**

One Day Per Week / Two Days Per Week

Duration: 1hr

The gymnasts are trained to master very basic tumbling skills while building self-esteem and self confidence. The class will continue to enhance the child's flexibility, coordination, and strength. They will also be introduced to all of the Olympic events, including vault, bars, balance beam, floor exercise. As the children progress, they will also begin to learn simple gymnastics routines.

### **ROCKETMAN Ages 4-6yrs**

One Day Per Week / Two Days Per Week

Duration: 1hr

Rocketman is a boy's class. The obstacle courses are specially designed to help enhance locomotion skills including basic gymnastics skills, social skills, hand-eye coordination and working with other children and to learn important concepts like taking turns, following directions, and listening skills. The gymnasts will practice on boy's equipment, such as: rings, mushroom, parallel bars.

## **YOUTH CLASSES**

### **GIRLS BEGINNER**

### **ADVANCED BEGINNER**

### **INTERMEDIATE**

### **Ages 7-12yrs**

One Day Per Week / Two Days Per Week

Duration: 1.5hrs

Gymnasts will learn basic gymnastics skills on all the apparatus (vault, bars, beam, floor). These classes are designed to give the gymnast a good foundation of skills to move to a higher level. Beginner gymnasts will be evaluated the last week of each session on required skills to move to Advanced Beginner, as well as Advanced Beginners to move to Intermediate. The following core skills will be evaluated:

#### Beginner

- **Vault**  
Timed Run – gymnast must perform a 60ft run under 6 seconds of time
- **Uneven Bars**  
Back Pullover – from a stand gymnast must pull chin to the bar and execute a pull over with legs together.
- **Balance Beam**  
Walks – gymnast must show coupe and releve walks with control.
- **Floor**  
Cartwheels – from a stand gymnast performs a side kick with 90 degree turn, and lunges into a cartwheel, closing back 90 degrees when finished.

## Advanced Beginner

- **Vault**  
Timed Run – gymnast must perform a 60ft run under 5-1/2 seconds of time
- **Uneven Bars**  
Cast – starting in a front support on the bar the gymnast must lean forward with straight arms, compress their legs and snap body to a hollow body cast.
- **Balance Beam**  
Arabesques – gymnast must balance on base leg and show a scale for 1 sec. Right and left legs.
- **Floor**  
Handstand – from a stand gymnast perform a high kick, lunges and hold a handstand for 1sec

## Intermediate

- **Vault**  
Timed Run – gymnast must perform a 60ft run under 4-1/2 seconds of time
- **Uneven Bars**  
Forward leg cut and stride circle – from a front support gymnast's shifts weight on arms to the left and swings right leg locked over the bar to arrive in stride position. Gymnast then turns hand to front grip and performs a forward stride circle to support followed by a back leg cut to return to front support.
- **Balance Beam**  
Handstand – from a stand gymnast performs a kick and lunges into a cross handstand emphasis on the closing of the legs in an extended body position. Gymnast then returns to lunge with a marked t-scale.
- **Floor**  
Handstand – from a stand gymnast perform a high kick, lunges and hold a handstand for 1 second with proper alignment returns to floor with a t-scale to a lunge.

## **BOYS BEGINNER**

### **Ages 7-12yrs**

One Day Per Week / Two Days Per Week

Duration: 1.5hrs

Beginner Boys classes are for boys 7 years old and up. This 90 minute class will teach the children advanced gymnastics positions, further their tumbling skills, and continue to enhance the child's flexibility, coordination, and strength. Each class the boys will focus on one of the six Olympic events, namely floor exercise, pommel horse, still rings, vault, parallel bars, and horizontal bar.

## **GIRLS JUNIOR TEAM**

Two Days Per Week

Duration: 2hrs

(By invitation only)

## **BOYS JUNIOR TEAM**

Two Days Per Week

Duration: 2hrs

(By invitation only)

The Jr. Team is an introductory class to competitive gymnastics. This class is by invitation only. There are 4-5 scheduled competitions per season located in the gym. The gymnasts learn specific gymnastics routines on all 4 Olympic events.

## **TEEN CLASSES Age 13-18yrs**

8 punches: \$145

12 punches: \$160

Expires 120 days from purchase

No refunds

The Teen class is for gymnasts at any level. This program enables gymnasts to refine basic skills on the various events and progress towards more difficult skills.

### **3.1 PARENTAL DAILY ROLE**

Parents play an important role in the development of a successful gymnast. We welcome your presence at class practice, functions and at every competition. We are a family friendly and family oriented gym. We want your input and support because we want your child to succeed. Please remember to remain positive with your gymnast at all times. The following rules and policies are designed to ensure a fun, safe and successful program for everyone involved

#### **GUIDELINES:**

Parents are required to stay in the viewing area at all times. Parents should not enter the gymnastics area of the gym for any reason whatsoever. Please remain positive and supportive of your gymnast, coaches and the gym at all times. If you have questions, comments or concerns please ask.

Communication is important and we have an open door policy for all gymnasts and parents. Please come to any of your child's coaches before class begins or after class ends if you have a problem or concern. We are in business to serve you and your child. Your thoughts are important to us.

Please let your child's coach know if there is a problem with your child such as injury, illness or medication. Please communicate anything that may affect your athlete's ability to work out or compete.

Gymnasts may not be dropped off at the gym more than 10 minutes prior to work out unless prior arrangements have been made. Pick up your gymnast on time! Gymnasts are not allowed to wait outside the building.

It is possible that a gymnast will have to leave our program. This may include the gymnast leaving due to the actions or inactions of his or her parents. We never want to punish a child for the actions of his or her parent(s). We cannot tolerate parents who by their words or actions do not support the policies and values of our recreational program. Auburn Gymnastics Center reserves the right to refuse service to anyone at any time for any reasons. Refunds are not given on any tuition or fees paid to Auburn Gymnastics Center should you be asked to leave our program.

### **3.2 PARENTAL ROLE DURING JUNIOR TEAM COMPETITION**

Auburn Gymnastics Center includes coaches, athletes and parents as part of our TEAM. We encourage all of our parents to attend every competition. Having a strong cheering section is an advantage for our team.

#### **GUIDELINES:**

Cheer loud and often, however do so in a respectful manner. Don't be disruptive to other gymnasts, parents or judges.

Cheer for all members of our team as well as any outstanding performances you see at a meet. Become friends with parents around you and cheer for their athletes as well. Good sportsmanship is important!

Promote AGC in any way you feel is appropriate. T-Shirts, banners, etc. are awesome. Never speak in a negative way about our gym or our athletes of the coaches or athletes. Please stay positive.

Please do not contact your gymnast once they have been turned over to the coaches at a meet. We want their focus to be on the competition with as few distractions as possible. After the meet your child will come see you!

Parents are not allowed to approach ANY officials of a meet for any reason whatsoever. Negative comments about meets, equipment, teams, etc. are not acceptable.

Parents are not allowed to remove a gymnast from the competition floor for any reason. Parents, siblings or friends are not permitted on the floor of a meet at anytime.

Your gymnast must arrive at a meet 15 minutes prior to the scheduled warm-ups unless your coach indicates otherwise. Should you arrive late your gymnast may not be allowed to participate in the competition.

## **4.1 COMMUNICATION**

Communicating effectively with everyone in our classes is a challenge. We work very hard to get information to you in a timely manner by putting information on the bulletin board located at the front. Communication is very important to AGC. If you have questions, don't speculate or assume, ASK! You can help us communicate by checking the board, front desk and white board often. Don't hesitate asking your coach a question. Our front desk staff is available to answer questions as well.

## **5.1 ANNUAL SHOWS**

Auburn Gymnastics Center proudly presents two (2) annual shows for the preschool and recreational program. These shows take place in December and June. The show is designed to show the parents what each of the gymnasts has been working on in class. It is a fun time for gymnasts as their skills are celebrated in a structured class setting. We encourage every gymnast to participate in the show. More information will be made available as the show schedule approaches. Please watch for this information and sign-up your child so he/she can be a part of this exciting time. AGC competitive teams will do an exhibition which is always a fun time for parents and their child to see higher level gymnastics.

## **6.1 DISCIPLINARY ACTIONS**

### **GUIDELINES**

The rules and policies associated with Auburn Gymnastics Center have been outlined in this handbook. In the event there is an ongoing pattern of disruption or in case of rule infractions disciplinary action may be necessary.

The handbook and procedures listed below are not intended to be inclusive. They represent our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and parents as individuals and will not seek to impose the most effective disciplinary actions based on each unique set of circumstances.

### **EXAMPLES OF DISCIPLINARY ACTIONS**

The gymnast may be warned if behavior is disruptive or inappropriate in class.

The gymnast may be asked to sit and watch if behavior continues to disrupt class.

The gymnast may be asked to leave the class early

## **7.1 GENERAL INFORMATION**

### **CLASS SIZE**

The Preschool and Youth classes must have at minimum three (3) participants and maximum eight (8). There are times when there may be more than the maximum in a class, and the instructor may ask if anyone wants to change to another day to even out the classes. Even though the classes are on our class schedule (located at the front desk or can be found on our web site [www.auburngymnastics.com](http://www.auburngymnastics.com)), please check with the front desk to make sure that the class is available. If we do not have the minimum for a class, you will be put on a waiting list and notified as soon as there are enough participants to hold the class.

## **LEAVING WORKOUT**

Gymnasts must ask permission to leave the gym. This applies to leaving practice early, going to the restroom or calling home. Your coaches need to know where you are at all times.

## **GYM RESPECT**

Gymnasts should act in a way that shows respect for themselves and the gym. We want the gym to be a happy, fun and positive place. There is no place in our gym for belittling comments, displays of anger and/or disgust, talking back to coaches or other athletes.

## **GYMNAST RESPECT**

Gymnasts should treat other gymnasts with respect and kindness. We are a class and we expect gymnasts to be good teammates.

## **INCLEMENT WEATHER**

Auburn Gymnastics Center follows the Auburn School District for gym delays and closures. If there is no school in Auburn due to inclement weather or conditions then we will not have workout. If the Auburn School District has last start we will have gym. In case of natural disaster such as earthquake the gym will be closed.

## **MAKE-UP POLICY**

Auburn Gymnastics Center recognizes that a gymnast may have other obligations that cause them to miss a class. A gymnast may schedule 1 (one) make-up class per Session. Auburn Gymnastics Center will offer make-up classes on Wednesdays, 11:30am-12:30pm or Fridays, 7:30pm-9:30pm. You **must** sign-up your child for a make-up class prior to the make-up. If you show up without prior approval, you might be declined a make-up class. If the gym closes for its own reason, a make-up class will always be offered. Pro-rated tuition is not applicable.

## **NEW MOBILITY PROGRAM**

Auburn Gymnastics Center is proud to announce our latest program: Mobility Incentive Bands. Progressions and advancement in gymnastics have always been based on a testing system where the gymnasts are given a test and a progress card. The problem with the current system is that it does not offer the gymnasts a tangible goal. With our new M.I.B. system the gymnasts will be given a silicone class band that shows what level they are currently in. As the gymnasts master each of the event skills, they will be awarded an additional event band. Once they have mastered all of the events they will have collected all of the bands for the level and will be awarded the next level band. Each of the bands are designed with distinct colors and debossed with white lettering that states what level your gymnast has achieved. The bands will offer each gymnast the chance to show off with pride their hard work and accomplishments in a cool, fun and collective way. If you have any further questions please stop by the front desk and they will be happy to introduce you to the new Mobility Incentive Bands. Thank you for your continued support of Auburn Gymnastics Center!

## **SIGNING IN**

Gymnasts are required to check in at the front desk when they arrive for class on the first day of the new Session. This includes the Preschool, Youth, Jr. Team and Teen classes. You will receive a red card when tuition is paid. The gymnasts will give this red card to the coach, which indicates that they have paid for the session. There is no check-in required for the remainder of the session. Gymnasts should put their shoes, socks, jackets or any other clothing that they will not be wearing on the floor in the cubbyholes located at the front door area. These items should not be left on the main floor at any time during the class. The walkways must be kept clear for safety reasons. Water bottles can be brought to gym, but must be put in the cubbyhole. Parents are invited to stay and watch their child in the viewing area located toward the back of the gym. Please be sure to keep the walkways clear. CAMERAS: Parents may take pictures during the class **BUT NO FLASH PHOTOGRAPHY**. This is extremely important due to safety of the gymnasts on an apparatus. A flash can cause a quick blinding to a gymnast while they are training.

## **SUMMER CAMPS**

Auburn Gymnastics Center offers an 9-wk Summer Camp for children ages 4-12yrs old. The camp begins in June and ends in August. For ages 4-6yrs old camp begins 9am-12noon. For ages 7-12yrs old camp begins 9am-5pm. Early arrival at 8am is provided at an additional fee. A morning and afternoon snack is provided as well as hot or cold lunch. There is an exhibition show every Friday at 1pm. Camp ends after the exhibition show (approximately 2pm) on Friday(s). Each camp week is planned around a theme. Discounts are available for multiple weeks, and for siblings. For more details and pricing contact the front desk.

## **8.1 THANK YOU**

Auburn Gymnastics Center takes gymnastics and the development of your child seriously. We realize we spend several hours per week with your child and we understand the responsibility associated with that influence. If at any time you have a question or comment concerning your child's well being, please contact Brent Phelps immediately.

The coaches and staff at Auburn Gymnastics Center would like to thank you for your involvement and support of our program. You and your child are important to us and we appreciate the opportunity to coach your gymnast. We look forward to a fun, safe and successful preschool and recreational program!

## **9.1 CONTACT INFORMATION**

**AUBURN GYMNASTICS CENTER, INC**  
1604 15<sup>th</sup> St SW, Suite 104  
Auburn, Washington 98001

web: [www.auburngymnastics.com](http://www.auburngymnastics.com)  
phone: 253.876.9991

### **OWNER**

Coach Brent Phelps

[gymbrent@aol.com](mailto:gymbrent@aol.com)

### **GIRLS TEAM DIRECTOR**

Coach Peter Flores

[AGCPeter@aol.com](mailto:AGCPeter@aol.com)

### **BOYS TEAM DIRECTOR**

Coach York Parris

[agcyork@yahoo.com](mailto:agcyork@yahoo.com)

### **BUSINESS DIRECTOR/ACCOUNTING**

Maurleen Davidson

[maurkim3@hotmail.com](mailto:maurkim3@hotmail.com)

### **REC PROGRAM DIRECTOR**

Kailee Fiksdal

[kaileefiksdal@yahoo.com](mailto:kaileefiksdal@yahoo.com)



## **HANDBOOK ACKNOWLEDGEMENT**

I have read the Auburn Gymnastics Center Handbook. I fully understand the rules, policies and commitment of being in the preschool and recreational classes at Auburn Gymnastics Center.

Gymnast Name: \_\_\_\_\_

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_

AUBURN GYMNASTICS CENTER

[www.auburngymnastics.com](http://www.auburngymnastics.com)

1604 15<sup>th</sup> St SW Suite 104 Auburn, WA 98001

Ph: 253 876-9991 Fax: 253 876-9993

**Registration Information**

All Information and Signature Required

Gymnast: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Home Email Address: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Occupation: \_\_\_\_\_ Phone: \_\_\_\_\_

Any medication and or Medical History \_\_\_\_\_

Medical Insurance Company \_\_\_\_\_ Primary Physician \_\_\_\_\_

Siblings in the Gym \_\_\_\_\_

How did you hear about Auburn Gymnastics Center? \_\_\_\_\_

Optional Automatic Billing Please bill me credit card first class of each 4 week session!

Gymnast: \_\_\_\_\_ Class \_\_\_\_\_ Reg \_\_\_\_\_ Tuition \_\_\_\_\_

Card#: \_\_\_\_\_ Exp Date \_\_\_\_\_ Vcode on back \_\_\_\_\_

Please charge \$ \_\_\_\_\_

Is the billing address is the same as above? If not, please give us your billing address below:

**FOR AUBURN GYMNASTICS CENTER STAFF USE ONLY**

Trial Class Date \_\_\_\_\_ Class \_\_\_\_\_ Instructor \_\_\_\_\_

Registration Date \_\_\_\_\_ Class \_\_\_\_\_ 2<sup>nd</sup> Class \_\_\_\_\_

Sibling Class \_\_\_\_\_ 2<sup>nd</sup> Class \_\_\_\_\_

Total Payment Amount \$ \_\_\_\_\_ Payment Type: \_\_\_\_\_ Cash \_\_\_\_\_ Check# \_\_\_\_\_ Credit Card

**Waiver, Release and  
Consent to Treat and Transport**

In consideration of participating in gymnastics, cheer, trampoline, demonstrations, special events, open gym, camps or birthday parties, I represent that I understand the nature of this activity and that I am (and my child) qualified in good health and in proper physical condition to participate in such activities. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity.

I fully understand that this activity involves risks of serious bodily injury, including permanently disability, paralysis and death, which the event takes place or the negligence of the release; named below, and that there may other risks either not known by me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibilities for loss, cost and damages I incur as a result of participation in this activity.

I hereby release, discharge and covenant not to sue Auburn Gymnastics Center, its respective administrators, directors, agents, officers, volunteers, other participants, and any sponsor, advertisers, and if applicable, owners and leaders of premises on which the activity takes place (each considered on of the RELEASES herein: from all liability, claims, demands, losses or damages. On my account caused or alleged to be caused in whole or part by the negligence of the "releases" or otherwise including negligent rescue operations and future agree that if, despite this release, waiver of liability and assumption of risk, I, or anyone on my behalf makes a claim against any of the releases, I will indemnify, save and hold harmless each of the releases from any loss, liability, damage or cost which any may incur as a result of such claim.

I have the read the RELEASE AND WAIVER LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT. I understand that I have given up substantial rights by signing it and have signed it freely and without my inducement of assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent by law and agree that if any portion of this agreement is held be invalid the balance, notwithstanding, shall continue in full force and effect.

CONSENT TO TREAT AND TRANSPORT: I HEREBY GIVE MY CONSENT TO Auburn Gymnastics Center, Inc. to provide through a medical staff of their choice, customary, medical/athletic training attentions, transportation and emergency medical services as warranted in the course of participation in Auburn Gymnastics Center and its activities. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power to Auburn Gymnastics Center, and its agents to give specific content to any and all such transportation, diagnosis, treatment or hospital care which any physician or surgeon licensed under the Medical Practice Act may deem advisable.

Auburn Parks and Recreation Department Waiver: For and in consideration of the opportunity to participate in the above named activity offered to Auburn Parks and Recreation Department, I as evidenced by my signature below, do hereby hold harmless, release and waive all claims I may have against the City of Auburn and Auburn Gymnastics Center, its officials, employees, agents or contracted instructors and any other person(s) involved in this activity for any and all injuries, losses or damages suffered by me as a result of my participation, or my child in this activity. I accept full responsibility for the cost of treatment for any injury, losses or damages suffered while taking part in this activity. Furthermore, if I have any physical ailments or conditions or my gymnasts which might affect my health by participation in this activity, I have consulted my personal physician or other medical authority and received his/her permission to participate.

I give my permission from my photo or the photo of my child or children to be taken during class and used for publicity purpose (including my child's name) for Auburn Parks and Recreation and/or Auburn Gymnastics Center, Inc. I have read and understand the policies of Auburn Gymnastics Center and the Auburn Parks and Recreation Department.

I understand the Preschool, Rec, Jr. Team and Teen sessions are four weeks. Tuition is due on or before the first class of the each session. A late fee of \$25 will be added after the second class of each session. I understand I must notify the gym if withdrawing from a class. I understand that I must notify the gym in advance of absence, and to inquire if make-ups are available. **I UNDERSTAND THAT REGISTRATION AND TUITION FEE IS NON-REFUNDABLE FOR ANY REASON.**

Gymnast Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Printed Name \_\_\_\_\_