Head Over Heels Gymnastics - 2017 Summer Class Session

Let your child be the best gymnast they can be... Help them maintain and improve their skills over the summer!

We will be running Two Terms of classes during our summer session.

Term 1 - July 5th - August 1st
Term 2 - August 2nd - August 29th

*Please see the back for class descriptions and pricing. Pricing is based on class 1x a week.
You can register for one or both terms... Great Discount for registering for both terms (must be done in advance).

<table>
<thead>
<tr>
<th>Lil Ninjas</th>
<th>Boys White/Yellow Ninja 1</th>
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</thead>
<tbody>
<tr>
<td>Monday 4:30-5:15</td>
<td>Monday 6:45-7:45</td>
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<tr>
<td>Tuesday 5:45-6:30</td>
<td>Tuesday 4:30-5:30</td>
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<td>Wednesday 10:30-11:15</td>
<td>Wednesday 9:15-10:15</td>
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<td>Thursday 4:30-5:30</td>
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<td>Thursday 5:45-6:45</td>
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<td>Thursday 7:00-8:00</td>
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<table>
<thead>
<tr>
<th>Girls White/Yellow Ninja</th>
<th>Boys White/Yellow Ninja 2</th>
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</thead>
<tbody>
<tr>
<td>Monday 5:30-6:30</td>
<td>Monday 5:30-6:30</td>
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<tr>
<td>Thursday 4:30-5:30</td>
<td>Tuesday 6:45-7:45</td>
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<td></td>
<td>Wednesday 11:30-12:30</td>
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<td>Thursday 7:00-8:00</td>
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Summer Information and Policies

- **Refund Policy/ Cancellation Policy** - No refunds or credits will be given once a gymnast is registered. Gymnasts may transfer to a class that has openings within the same term for which they are registered.

- **Payment must be received at the time of registration.**

- **Makeup Policy**
  - Just like college, your tuition pays for a class spot, REGARDLESS OF ATTENDANCE. However, as a courtesy, our program offers make-ups when doing so does not jeopardize the safety or integrity of the class.
  - Make-ups must be done within the same summer term that the class was missed. Make-ups can not be carried over to the academic session.
  - Team gymnasts have unlimited make-ups in the summer session.
  - Make-ups are not drop-in situations and MUST be scheduled with the office at least 24 hours in advance.
  - Once a make-up is scheduled, it is up to you to get your child to that class; if you miss that make-up class, it still counts as a make-up.
  - If you cancel a makeup with less than 24 hours notice you forfeit that make-up.
Ninja Zone is a thrilling new sport fused by elements of gymnastics, martial arts, obstacle course training and freestyle movement. Ninja Zone includes a combination of flips, rolls and kicks that are designed to help with total body coordination, build strength and agility.

By opening up the world of Ninja Zone to your child, you are providing a unique way to focus their energy. Practicing the sport of ninja exercises the body and mind, but also builds character and cultivates discipline. Ninja Zone isn't just a ton of fun for kids (although it is, in fact, a TON of fun); it instills values and techniques that provide an important foundation for your child's success. Ninja Zone gives your child the confidence to take on any challenge and gives you peace of mind knowing that you are contributing to their physical, mental and emotional well-being.

**Ninja Zone Uniform:**
In an effort to promote discipline and unity, Ninja Zone International requires uniforms for all Ninja classes. What constitutes a "Ninja Zone Uniform?"
- Ninja Zone T-Shirt
- Ninja Headband
- Athletic Shorts/Pants of choice

Once registered you will receive an email link to order your Ninja’s Uniform. Your Ninja’s uniform will be shipped directly to your house. Ninjas are required to wear this uniform to every class. The cost of a Ninja Uniform is $28.

**Ninja Missions**
Once a Ninja has completed their skill card in their level their trainer will invite them to a Ninja “Mission”. This is our Ninja moving up ceremony where they will perform their skills and be presented with the next level headband. Missions will be held approximately every 2 months. There is a small fee to participate in the Mission.

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**Lil’ Ninjas (45 Minute Class)**
**(Boys Ages 3-4.5 years old)**
**Summer Term Fee:** $56  
**2 Summer Terms Fee (with discount):** $93
**Description:** Ninjas will be introduced to the basic Ninja Skills such as Ninja rolling, wall running and basic kicking and punching technique. Ninjas will develop strength, overall body control and coordination. Ninjas will also work on listening, following directions and taking turns.

**Boys White/Yellow Ninja 1**
**(Ages 4.5-7 years old)**
**Summer Term Fee:** $65  
**2 Summer Terms Fee (with discount):** $111
**Description:** Ninjas will learn basic/intermediate skills including Ninja rolling for safety, back flip progressions, vaulting, wall running, kicking and punching technique. Ninjas will use the skills they learn to put them together in combinations. Basic development of strength, coordination and agility are a focus in this level. Ninjas will be using the skills they learn to put into obstacle course training. We track each ninja’s progress with our Ninja Zone skills card. Once a ninja completes their skill card they will be invited to a “Mission” ceremony and will be ready to move up to the next level. All Ninjas start as White Ninjas.

**Boys White/Yellow Ninja 2**
**(Ages 8-11 years old)**
**Summer Term Fee:** $65  
**2 Summer Terms Fee (with discount):** $111
**Description:** Ninjas will learn basic/intermediate skills including Ninja rolling for safety, back flip progressions, vaulting, wall running, kicking and punching technique. Ninjas will use the skills they learn to put them together in combinations. Basic development of strength, coordination and agility are a focus in this level. Ninjas will be using the skills they learn to put into obstacle course training. We track each ninja’s progress with our Ninja Zone skills card. Once a ninja completes their skill card they will be invited to a “Mission” ceremony and will be ready to move up to the next level. All Ninjas start as White Ninjas.

**Girls White/Yellow Ninja**
**(Ages 4.5-11 years old)**
**Summer Term Fee:** $65  
**2 Summer Terms Fee (with discount):** $111
**Description:** Ninjas will learn basic/intermediate skills including Ninja rolling for safety, back flip progressions, vaulting, wall running, kicking and punching technique. Ninjas will use the skills they learn to put them together in combinations. Basic development of strength, coordination and agility are a focus in this level. Ninjas will be using the skills they learn to put into obstacle course training. We track each ninja’s progress with our Ninja Zone skills card. Once a ninja completes their skill card they will be invited to a “Mission” ceremony and will be ready to move up to the next level. All Ninjas start as White Ninjas.
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FAMILY LAST NAME ____________________________________________________________ (the last name used to identify you in our database)

PARENT #1 First Name: ___________________ Last Name: ___________________ Email: ___________________
Home Phone: ___________________ Cell #: ___________________ Work #: ___________________

PARENT #2 First Name: ___________________ Last Name: ___________________ Email: ___________________
Home Phone: ___________________ Cell #: ___________________ Work #: ___________________

ADDRESS: __________________________ City: __________________ State: ________ Zip: __________

Emergency Contact Name & Phone No. (Not Parent #1 or #2): ____________________________ ___________________

STUDENT #1 INFORMATION:
Student's First Name: ___________________ Last Name: ___________________
Gender: ___________ Birth Date: _______________ Disabilities/Allergies/Medications: ____________________________________________________________
Select Class Name: ___________________ Day: _______________ Time: _______________

STUDENT #2 INFORMATION:
Student's First Name: ___________________ Last Name: ___________________
Gender: ___________ Birth Date: _______________ Disabilities/Allergies/Medications: ____________________________________________________________
Select Class Name: ___________________ Day: _______________ Time: _______________

STUDENT #3 INFORMATION:
Student's First Name: ___________________ Last Name: ___________________
Gender: ___________ Birth Date: _______________ Disabilities/Allergies/Medications: ____________________________________________________________
Select Class Name: ___________________ Day: _______________ Time: _______________

PLEASE PLACE A CHECK MARK TO INDICATE WHAT TERM(S) YOUR GYMNAST WILL BE ATTENDING:

Term 1 (July 5th - August 1st) ____________ Term 2 (August 2nd - August 29th) ____________

Notice of Risk / Acknowledgement of Possibility of Injury We, the staff of, owners and representative of FLGA Inc., d/b/a Head Over Heels Gymnastics, Head Over Heels Gymnastics LLC, Head Over Heels Gymnastics of Vestal, LLC, D & J of Ithaca, LLC, D & J of Horseheads, LLC, D & J of Vestal, LLC (collectively, “HOHG”) & Ninja Zone recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sports of gymnastics, tumbling and cheerleading. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. **Gymnastics, tumbling and cheerleading can be dangerous and lead to injury!** Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coach’s instructions. HOHG & Ninja Zone, its coaches and other staff members will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, or cheerleading instruction, or open workouts or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event. By signing this form, I acknowledge these risks of injury, and I agree that HOHG & Ninja Zone, its staff, owners and representatives will not be responsible for any such injuries.

Release and Waiver of Liability With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by HOHG & Ninja Zone. I, my executors or other representatives, waive and release all rights and claims for injuries or damages that I or my child may have against HOHG & Ninja Zone and/or its staff, owners or representatives whether paid or volunteer other than any rights under the New York State Health Club Services Law, General Business Law Article 30. I also affirm that I now have and will continue to provide proper hospitalization, health, and accident insurance coverage, which I consider adequate for both my child’s protection and my own protection. I have read and also understand HOHG’s & Ninja Zone’s registration information and policies. I also understand that it is the parents’ responsibility to warn the child about dangers of gymnastics and injury. The parents should warn the child according to what the parent feels is appropriate. HOHG & Ninja Zone will only warn the child through “safety messages” and our teaching style and progressions. Any and all Ninja Skills will be conducted in a safe gym environment and will hold HOHG & Ninja Zone harmless of any injuries incurred in and outside gym areas.

Medical Emergencies - Permission to Treat I fully understand that HOHG’s & Ninja Zone’s staff, owners and representatives are not physicians or medical practitioners of any kind. With the above in mind, I hereby grant consent and permission to HOHG’s & Ninja Zone’s staff, owners and representatives to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the HOHG & Ninja Zone staff to call our doctor and to seek medical help, including transportation by a HOHG & Ninja Zone staff member and/or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the HOHG & Ninja Zone staff deem this to be necessary.

I have read the above and agree. Parent’s Signature ______________________________ Date ____________

Please initial here that you have read and agree to our Summer Information & Policies: ____________