



# KINETIC KIDS GYMNASTICS

2009-2010 Enrollment Information !

**K**INETIC KIDS is an innovative school combining gymnastics, cheer tumbling, and movement education with fitness development for children of all ages. We offer a complete range of classes for boys and girls, from preschool through high school. Our safe, modern 7500 sq. ft. facility has equipment for all of the men's and women's Olympic gymnastics events, plenty of preschool gymnastics equipment, 2 full size trampolines, and a 40 ft. tumble tramp! Our programs are designed to help you, your child, and **KINETIC KIDS** better monitor your child's progress in a fun, highly motivational way ! **KINETIC KIDS** is managed by **Sally** and **Hal Rettstadt**, Safety Certified, Professional Members of USA Gymnastics. They have over 40 years of combined experience competing, teaching and coaching gymnastics and movement, from preschool and recreational gymnastics programs to competitive teams. Our **Program Directors** are **Lori Dube** and **Sally**, *Preschool Gymnastics*; **Hal**, *Recreational Gymnastics*; **Mark Sorrentino** and **Patty Lawless** are the *Team Program Directors*. Our **Office Manager** is **Sue**.

Please visit our website – [www.kinetickids.net](http://www.kinetickids.net) for more information!

**KINETIC KIDS, LLC, 1 JACKS HILL ROAD #3AB, OXFORD, CT 06478  
(203) 598-0403**

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**WE'VE MOVED!**

# KINETIC KIDS CLASS TIMES

## 45 MINUTE CLASSES (COED)

### 1-3 Year Olds - (SHORT CIRCUITS *with Adult*)

Wed 10:30 to 11:15  
 Thu 9:30 to 10:15  
 Fri 9:30 to 10:15  
 Sat 9:00 to 9:45

### 3 Year Olds - (ATOMS)

Wed 11:45 to 12:30 *(new 3 yr. olds only)*  
 Thu 11:45 to 12:30 *(new 3 yr. olds only)*

### 3 & 4 Year Olds - (ATOMS/SUPERSONICS)

Tue 9:30 to 10:15  
 1:30 to 2:15  
 Thu 1:15 to 2:00  
 2:15 to 3:00  
 Fri 10:45 to 11:30  
 Sat 10:00 to 10:45

### 4 & 5 Year Olds - (SUPERSONICS/NEW SPARK PLUGS)

Wed 1:00 to 1:45  
 Thu 10:45 to 11:30  
 1:15 to 2:00  
 2:15 to 3:00  
 Fri 12:30 to 1:15

## 60 MINUTE CLASSES (COED)

### 5 & 6 Year Olds - (SPARK PLUGS)

Tue 10:30 to 11:30  
 Wed 2:00 to 3:00  
 Sat 11:00 to 12:00

*\*CLASS SCHEDULE AND AVAILABILITY SUBJECT TO  
 CHANGE BASED ON ENROLLMENT & INSTRUCTOR AVAIL-  
 ABILITY!*

## 60 MINUTE CLASSES

### 6 Year Olds - (TYRO SPARKS - GIRLS)

Mon or Wed 5:15 to 6:15  
 Mon or Thu 4:00 to 5:00  
 Sat 12:15 to 1:15

### 7-9 Year Olds - (SPARKS I - GIRLS)

Tue 4:00 to 5:00  
 5:45 to 6:45  
 Wed 5:45 to 6:45  
 Sat 12:15 to 1:15

### 9-12 Yr Olds - (SPARKS II - GIRLS)

Wed 4:00 to 5:00  
 Thu 5:45 to 6:45  
 Sat 12:15 to 1:15

### 6-12 Year Old - (PULSARS - BOYS)

Thu 4:00 to 5:00  
 6:45 to 7:45

## 90 MINUTE CLASSES

### 7-12 Year Olds - (SPARKS III - GIRLS)

Tue 5:15 to 6:45  
 Wed 4:00 to 5:30  
 6:00 to 7:30 *Advanced (by invitation)*  
 Thu 4:00 to 5:30  
 5:00 to 6:30  
 Sat 12:15 to 1:45

### 7-12 Year Olds - (PULSARS III - BOYS)

Mon 4:00 to 5:30

### Cheernastics - (GIRLS)

Tue 7:00 to 8:30 *(13 to 18 yr olds)*  
 Thu 5:00 to 6:30 *(7 to 12 yr olds)*

## KINETIC KIDS, LLC

## 2009/2010 REGISTRATION FORM

HOME PHONE \_\_\_\_\_ REGISTRATION DATE \_\_\_\_\_  
 MOTHER'S NAME \_\_\_\_\_ CELL/WORK PHONE \_\_\_\_\_  
 FATHER'S NAME \_\_\_\_\_ CELL/WORK PHONE \_\_\_\_\_  
 HOME MAILING ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 CHILD'S NAME \_\_\_\_\_ M / F BDAY \_\_\_\_\_ CLASS DAY/TIME \_\_\_\_\_  
 CHILD'S NAME \_\_\_\_\_ M / F BDAY \_\_\_\_\_ CLASS DAY/TIME \_\_\_\_\_

VISA/MC CARD # \_\_\_\_\_ EXP DATE \_\_\_\_\_

*(VISA/MC CARD # REQUIRED WHEN SESSION IS NOT FULLY PAID PRIOR TO STARTING CLASSES CREDIT CARD WILL BE CHARGED IF SESSION IS NOT FULLY PAID BY WEEK 6 OF THE SESSION)*

EMAIL ADDRESS FOR NOTICES \_\_\_\_\_

Any important info about your child(ren)? \_\_\_\_\_

## PLEASE READ CAREFULLY AND SIGN BELOW

I HAVE REVIEWED THE RULES AND POLICIES SECTIONS OF THE BROCHURE WITH MY CHILD(REN) AND WE UNDERSTAND THAT GYMNASTICS ACTIVITIES INVOLVE MOTION AND HEIGHT AND THERE IS THE POSSIBILITY OF ACCIDENTAL OR CATASTROPHIC INJURY. I AND/OR MY CHILD(REN) ARE PARTICIPATING AT OUR OWN RISK AND HAVE BEEN WARNED OF THE RISK OF INJURY AND AGREE TO HOLD HARMLESS KINETIC KIDS, LLC, IT'S MANAGERS, AND STAFF.

SIGNED (PARENT OR GUARDIAN IF MINOR) \_\_\_\_\_ DATE \_\_\_\_\_

I ACCEPT AND AGREE THAT ALL FEES BILLED ARE PAYABLE IN ADVANCE OF EACH SESSION. I ALSO AGREE AND ACCEPT ALL FINANCIAL RESPONSIBILITIES TO PAY FOR EACH SESSION WHEN BILLED UNLESS I NOTIFY THE OFFICE OF KINETIC KIDS, LLC **IN WRITING 30 DAYS PRIOR** TO DISCONTINUING LESSONS .

SIGNED (PARENT OR GUARDIAN IF MINOR) \_\_\_\_\_ DATE \_\_\_\_\_

## **PRICE FOR AN 8 WEEK SESSION!**

Prices below are for the first session attended..  
The fee for each consecutive additional session attended is  
reduced by \$20! Plus there are bonus open gyms!  
**NO REGISTRATION FEES**

### **FEES**

### **DISCOUNTS**

45 - 60 MINUTE CLASSES	\$196	ADDITIONAL CHILD(REN) - 10%
90 MINUTE CLASSES	\$228	ADDITIONAL CLASSES - 10%

### **IMPORTANT DATES**

#### **SESSION DATES...**

##### **WINTER 2**

DEC 14, 2009 TO FEB 20, 2010

##### **WINTER 3**

FEB 22, 2010 TO APR 17, 2010

##### **SPRING 4**

APR 19, 2010 TO JUN 21, 2010

#### **EARLY PAYMENT DATES...**

##### **WINTER 2**

NOV 21, 2009

##### **WINTER 3**

JAN 30, 2010

##### **SPRING 4**

MAR 26, 2010

***PAY BEFORE THE ABOVE DATES TO  
RECEIVE THE \$10 FAMILY DISCOUNT***

### **GYM CLOSED...**

THANKSGIVING

NOV 23, 2009 TO NOV 29, 2009

CHRISTMAS

DEC 21, 2009 TO JAN 2, 2010

MEMORIAL DAY

MAY 31, 2010

# KINETIC KIDS Programs !

## Preschool Gym Programs

### 45 MINUTE CLASSES

The **KINETIC KIDS** Preschool Gymnastics Programs start with the **SHORT CIRCUITS, beginning walkers through age 3**. This a caregiver and child class designed to familiarize a child with the gym and allow him/her to experiment with the various movement activities like climbing, swinging, rolling, running, and jumping in the safest possible environment. Our instructors help **you** teach **your** child in our fun and colorful gym atmosphere! The **ATOMS** are **3 year olds** who are participating by themselves for the first time with an instructor. The small group setting allows your child to not only learn gymnastics, but also practice sensory motor sequencing, taking turns, and using their listening skills. Children **must** be 3 by the first class. Our **4 year old SUPERSONICS** start slightly more difficult gymnastic skills while improving what they learned as ATOMS. We give them multi-step instructions and allow them independence in the gymnastics circuit.

**NEW SPARK PLUGS** are the **5 year olds** who have just started in our program or who have not attended the past year.

### 60 MINUTE CLASSES

**SPARK PLUGS** are the **5 year olds** who continue practicing and improving the basics learned as an ATOM and SUPERSONIC. This will prepare the students for the **Recreational Boys & Girls Program** classes the following year.

**SPARK PLUG STARS** are our most advanced SPARK PLUGS. **By instructor recommendation only.**

## Recreational Gym Programs

### 60 MINUTE CLASSES

**TYRO SPARKS** (girls) are the introductory classes for 1st Graders

**SPARKS I** (girls) are the beginning level gymnastics classes **7 to 9 year old** students with some basic gymnastics experience.

Students **9 to 12 years old** in an intermediate level gymnastics program would be **SPARKS II** (girls).

**PULSARS** are the beginning level gymnastics classes for **6 to 12 year old** boys with some basic gymnastics experience.

### 90 MINUTE CLASSES

Advanced intermediate training for **7 to 12 year old** girls are the **SPARKS III** and **6 to 12 year old** boys are **PULSARS III**.

## Cheernastics Program

### 90 MINUTE CLASSES

Focus will be on cheer tumbling which will include the basics: forward rolls, cartwheels, round-offs as well as front and back handsprings and front and back tucks as appropriate for individual students. The cheer classes will also include perfecting arm motions and jumps required for cheer tryouts. Additionally, students will have the opportunity to use all gymnastic equipment. Cheer students will develop technique used in cheer stunts via the balance beam, arm strengthening utilizing the uneven parallel bars, and body conditioning.

## Girls Competitive Teams

For **girls age 6 to 8** who think they might be interested in competitive gymnastics, the next step is the **SHOOTING STARS**, a stepping stone to PreTeam. **1x/ wk for 90 MINUTES, September through June** and an **additional day for 60 minutes, February through June.**

**PRETEAM (ages 6 to 10 years old)** is the introductory competitive training group that masters the USA Gymnastics training levels before moving into Level 4 and up competition. **PRETEAM** meets **2x/wk September through June.**

**LEVEL 4 thru 10 TEAM (ages 7 and up)** competes the **USA Gymnastics Compulsory Routines or Optional Routines** and must achieve certain scores in each Level to progress up through the higher difficulty Levels. **Level 4 meet 3/wk** and **Levels 5 & up meet 4x/wk, September through June.** **PREVIOUS COMPETITIVE EXPERIENCE OR BY RECOMMENDATION.**

## Birthday Parties

**KINETIC KIDS** supplies quality supervision on all the Olympic Gymnastic events and Tumble Tramp for the first hour of the party and then the birthday child and guests go to the lobby area for the last half hour for refreshments and to open gifts. Parties are offered on **Saturday at 2 PM** and on **Sunday at 11 AM, 1 PM, and 3 PM, September to June.** In **July and August** they are offered on **Saturdays at 1 PM & 3 PM!**

## Rules

**FOR THE SAFETY OF ALL OUR STUDENTS AND INSTRUCTORS WE REQUIRE THE FOLLOWING...**

**NO FOOD OR DRINKS** OTHER THAN SEALED **WATER BOTTLES** ARE ALLOWED IN THE GYM AREA. **NO JEWELRY** THAT MAY INTERFERE WITH THE SAFETY OF THE INSTRUCTOR OR STUDENT. HAIR **MUST** BE PULLED BACK WITH AN UNADORNED HAIR ELASTIC. WE INSIST ON ATTENTIVE BEHAVIOR FOR THE SAFETY OF EVERYONE IN THE GYM. **NO RUNNING** IS ALLOWED IN THE WAITING AREA OR IN THE GYM EXCEPT WHERE REQUIRED AT FLOOR AND VAULT BY THE INSTRUCTOR. STUDENTS SHOULD **NEVER** CROSS A LANDING MAT AT THE EQUIPMENT. PLEASE NOTIFY THE OFFICE IF YOU ARE GOING TO BE ABSENT FROM A CLASS.

## Policies

**CLASS TUITION IS EXPECTED TO BE PAID IN FULL BY THE FIRST CLASS OF EACH SESSION.**

EACH SESSION IS A CONTINUATION OF THE PREVIOUS SESSION. YOU OR YOUR CHILD'S CLASS PLACEMENT AUTOMATICALLY CONTINUES INTO THE NEXT SESSION. IF YOU INTEND TO STOP ATTENDING CLASSES

**WE REQUIRE A 30 DAY WRITTEN NOTICE** SO WE MAY FILL THAT CLASS PLACEMENT FROM THE WAITING LIST.

THERE IS A **\$10 DISCOUNT FOR EARLY PAYMENT** THAT WILL BE INDICATED ON YOUR BILL.

A FEE OF **\$25** WILL BE CHARGED FOR RETURNED CHECKS AND PAYMENT WILL BE REQUIRED IN CASH.

**NO MAKE UPS, REFUNDS OR CREDITS FOR MISSED CLASSES.**

IN THE EVENT OF **INCLEMENT WEATHER, PLEASE CALL THE GYM** TO SEE IF THE CLASS IS BEING HELD.