

RBHS Gymnastics Registration Form

Please include payment with registration. Checks payable to RBHS.

PARENTS NAME _____

PHONE: Home _____ Work _____ Cell _____

EMAIL ADDRESS _____

HOME ADDRESS _____

NAMES/AGES OF GYMNASTS example Jenna (8) - Level 1 - Monday 5 - 6 PM

Please also identify class(es). 1. _____

2. _____

3. _____

Total number of classes _____

Total amount due _____

WAIVER

As the parent of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury. I agree to assume the sole risk of any injury, including death, damages or loss which may be sustained as a result of participating in any manner, in any and all activities connected with or associated with such program. I further recognize and acknowledge that athletic activities may involve strenuous exertion, potential body contact, may be hazardous and involve substantial degree of injury. I agree to waive and relinquish any and all claims that I may have as a result of my child participating in the program against Riverside Brookfield High School or any of their gymnastics coaches. I understand the nature of the program for which I am registering, and read and fully understand the waiver.

Parent(s) Signature _____ Date _____

RIVERSIDE BROOKFIELD gymnastics



Fall Session 2011
September 6 -
November 5
(No class October 31)
Riverside Brookfield
High School

Riverside Brookfield Gymnastics

Fall Schedule

Day(s)/Time(s)	Level/Age	Cost
Monday 4 - 5 PM	Level 2	\$63 (No class 10/31)
Monday 5 - 6 PM OR 6:45 - 7:45 PM	Level 1	\$63 (No class 10/31)
Monday 6 - 6:45 PM	Tumble Tots (Ages 3 - 4)	\$56 (No class 10/31)
Monday 7 - 8 PM	Tumble for Cheer	\$63 (No class 10/31)
Tuesday AND Thursday 4:15 - 5:30 PM	Level 3	\$180
Tuesday 5 - 7:30 PM AND Thursday 5 - 8 PM	Level 4, 5, 6 and Optional	\$240
Wednesday 4 - 5:15 PM	Junior Teamers 1	\$90
Wednesday 4 - 5:15 PM	Pre-Team	\$90
Wednesday 5:15 - 6:15	Level 1	\$81
Wednesday 6 - 7 PM	Tumble Tots (Ages 4 - 5)	\$81
Thursday 4:15 - 5:30 PM	Junior Teamers 2	\$90
Friday 4:15 - 5 PM	Tumble Tots (Ages 2 - 3)	\$72

RB Gymnastics Quick Facts!

We are excited to announce we have a brand new tumble track this year!

Classes fill up quickly. Please get your registration info in as soon as possible and call, 708-442-7500 ext. 2132, to check on class availability.

Dress Code - Girls must wear a leotard and have their hair pulled back. Boys must wear sweatpants or shorts and a shirt.

In order to make sure we make the most out of our class time, we ask that you please arrive on time, pack a water bottle and take your gymnast to the bathroom before class. It is extremely important that all gymnasts are picked up on time after class since classes are ongoing.

Competitive Level Classes

Gymnasts must be approved for competitive level classes. Additional fees should be anticipated for competitions.

Level 3 (All ages) - This class will focus on learning and/or mastering Level 3 compulsory routines. Gymnasts will work on all necessary Level 3 skills including dance and jumps, as well as strength and flexibility. Level 3 gymnasts may have the option to compete, if they are ready - the decision to compete is at the discretion of the coach. Classes are held twice a week on Tuesday and Thursday.

Level 4, 5, 6 and Optional (All ages) - This class is for advanced level gymnasts and are expected to compete at their level. Gymnasts will focus on perfecting their competition routines and skills. Class time will be dedicated to cardio and increasing strength and flexibility. Time will also be dedicated to improving required dance and jump skills and overall presentation of routines. Classes are held twice a week on Tuesday and Thursday.

Class/Level Descriptions

Tumble Tots (Ages 2 - 5) - This class is an intro to gymnastics and focuses on developing the necessary fundamentals for forward/backward rolls, cartwheels and bridges. Gymnasts will also work on bars and beam. Classes are held once a week on Monday, Wednesday or Friday, depending on age. Please register for an age-appropriate class.

Level 1 (Ages 6 - 11) - This class is an introduction to gymnastics on floor, bars, beam and vault. Gymnasts will focus on developing necessary fundamentals and coordination to work on backward rolls, cartwheels, roundoffs and more. Level 1 classes are considered a beginning level class and are held once a week on Monday or Wednesday.

Level 2 (All ages) - This is an intermediate level class for gymnasts who have mastered Level 1 skills. Gymnasts will work on more advanced skills on floor including handstands and backbends and higher level beam and bar skills. Classes are held once a week on Monday.

Junior Teamers (Ages 4 - 7) - This class is for focused and advanced tumble tots. Gymnasts will work on mastering all beginning and intermediate level tumbling skills. Dance and jumps will be introduced and class time will be dedicated to increasing strength and flexibility. Classes are held once a week on Wednesday or Thursday. Gymnasts must be invited to this class.

Pre-Team (All ages) - This class is for gymnasts who have mastered all or most of the Level 2 skills. They will be introduced to dance and jumps and begin working on Level 3 skills when they are ready. Class time will be dedicated to increasing strength and flexibility. Class is held once a week on Wednesday.

Tumble for Cheer (All ages) - This class will focus on improving tumbling skills and introducing popular cheerleading jumps. Class time will be dedicated to increasing strength and flexibility. Class is held once a week on Monday. (Minimum of 5 students)