



Cascade Rhythmic

Information/Policies

Welcome to Cascade Rhythmic (hereby also referred as The Club)! Please read the following Policies to maintain productive training and positive atmosphere in the club.

General Rules

- No child is permitted to attend class without filling out the enrollment form and signing a waiver by her parent/guardian.
- Only gymnasts may enter the gym carpet area. We provide a special seating area where parents/guardians may wait for their children.
- Gymnasts must be on time for practice. Parents must pick up their children on time. As a USAG member club we have to abide by the "Safe Sport" rule. We are unable to supervise children prior or post class time.
- If the parent needs to speak with your child's coach, please do so after class. The coach will inform the parent if a behavioral situation requires your attention.
- No food, drink (except water), or gum is allowed in the gym.
- All clothes and personal belongings must be left at the designated cubbies/shelves. Remove shoes before stepping onto the carpet. Shoes, water bottle and gymnastics apparatus should be left at the designated area next to the carpet.
- Gymnasts must stay respectful to their coaches and fellow teammates. No bullying, arguing or gossiping is allowed. Approach the coach immediately if you don't feel safe.
- The Club and its instructors reserve the right to dismiss any student at any time for conduct that might convey a negative image or be deemed harmful to fellow students, instructors, and any other person or property located within or outside the gym.
- Gymnasts only ask coaches, teammates, or teammates' parents for bandaids, first aid kit, or other essentials. Please do not ask anyone else not from the Club.
- Should you decide to leave this club, please provide a written notice (email) at least 1 month prior to the beginning of the next payment period.
- Video/Images: The Club might use pictures of training/competitions videos of your child to use on Cascade Rhythmic website, promotional material and social media. Please let us know if you wish to remove your child from any content.
- Tuition: Tuition is non-refundable, non-transferable, and non-extendable. Plans will be automatically charged each month on the date you first joined. **Recreational** : Monthly tuition rates are based on the number of weeks in the school calendar year. Tuition is a fixed monthly charge based on an average number of classes provided per month. NO discounts will be given for holidays because this has already been calculated into the rate. Cascade Rhythmic will do its best to provide make up lessons, but does not guarantee that all missed classes will be made up. **Competitive team**: All team members are required to pay tuition consecutively each month (September through June) for the duration of the child's participation in Cascade Rhythmic team activities. The fees are calculated to pay the instructors as well as operating expenses, even if your child does not attend (family vacations, sickness, school activities, etc.) July and August tuition is automatically drafted as any other month. If your child will be absent more than 10 days in a month, please come to us to work on a specific tuition plan. Options are available to attend summer camps on a weekly basis for example.

- Refund: Cascade Rhythmic does not offer any form of credits or refunds once enrolled, even if you enroll before the session begins for any reason. The gym commits the training slot to you and, once the session begins, pays the instructors as well as other operating expenses even if you don't come. Refunds are not issued in the case of inclement weather, vacations, school activities, illness, etc.
- Cancellation Policy: Notice of cancellation 10 days prior to your next billing cycle should be given to Cascade Rhythmic via email. If given passed the 10 days notice, your child is considered an active student for that month and tuition will be charged.
- Holiday Policy: The Club will be closed on the following days/holidays: New Year Day, Memorial Day, July 4th Independence Day, Labor Day and Thanksgiving Day. We may be closed during Christmas break: December 24 to January 2 and the first week of August. Please understand that the monthly tuition for December and August stays the same.
- Physical Interactions: Flexibility is an important aspect in rhythmic gymnastics but stretching some times can be very painful. The instructors are professionals who know what they do. They will teach your child the difference between good pain and bad pain. Please note that physical interactions between coach and student will be part of daily routine. If a student or parents are not comfortable with it, please let the coach/manager know right away.
- Dress Code: Gymnasts should wear black tank-tops (or t-shirts), black stretchy shorts, and half-sole gymnastics shoes, with hair in a bun and no jewelry.

Parent Initials: _____ Gymnast(s) Initials: _____; _____