

**Gymnastics Parent Handbook**  
Rome-Floyd Parks & Recreation  
[www.rfpra.com/gymnastics](http://www.rfpra.com/gymnastics)



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Welcome to Rome-Floyd Parks & Recreation Gymnastics! It is our goal to provide youth a positive development opportunity by offering a comprehensive and progressive gymnastics program with trained staff and safe equipment. The gymnastics program will help foster confidence and self-esteem while children learn to participate with others individually and within a team environment. The Rome-Floyd Parks & Recreation Gymnastics program offers two components of gymnastics: Recreational Gymnastics classes and a Competitive Team Program.

In this guide you will find information about both the Recreational and team programs. Please take the time to review the information that best meets your gymnastics interests and needs.

### **Program Mission**

Our mission is to build on the premise that each child is given the opportunity to reach their personal best, physically, socially, and emotionally, in a well-planned progressive program. Each child will advance through proper skill progression in a safe and successful environment.

### **Contacts**

#### **Special Services Manager:**

Tyler Stinson  
(762) 235-4089 cell  
[Tyler.Stinson@floydcountyga.org](mailto:Tyler.Stinson@floydcountyga.org)

#### **Special Services Coordinator:**

Mina Garcia  
(706) 728-8761  
[Mina.Garcia@floydcountyga.org](mailto:Mina.Garcia@floydcountyga.org)

#### **Competitive Team**

##### **Head Coach & Coordinator:**

Missy George  
(706) 331-0110  
[Melissa.George@floydcountyga.org](mailto:Melissa.George@floydcountyga.org)

**Gym Desk:** (706) 291-0766 opt. 2  
[RomeAerialsRFPRD@gmail.com](mailto:RomeAerialsRFPRD@gmail.com)

#### **Facebook:**

<https://www.facebook.com/rfprd.aerials/>

#### **\*Recreational emails:**

[RomeAerialsRFPRD@gmail.com](mailto:RomeAerialsRFPRD@gmail.com)

#### **\*Competitive Team emails:**

[Melissa.George@floydcountyga.org](mailto:Melissa.George@floydcountyga.org)

#### **Gymnastics Center Office Hours**

##### Monday-Friday

9 am-2:30pm and 3:30-7:30pm

##### Saturdays & Sundays

*Closed (only open for birthday parties)*

***Privately Rented - No public access***

\*Hours are subject to change based on schedule

\*\*Closed on Federal holidays

### **Inclement Weather Policy**

In case of inclement weather RFPR will announce any closures of the gymnastics facility. Please note that the gymnastics facility does not necessarily follow the public school cancellation schedule. Weather Announcements: Visit <https://www.facebook.com/rfprd.aerials/> . RFPR also sends out email alerts on inclement weather days during the Winter months. All participants should receive this email. If you do not, please contact the office to ensure your email address is added to the list.

### **How to Request Accommodations**

Individuals with disabilities are encouraged to register for general recreation programs. Please set up a meeting with the Gymnastics Coordinator, Missy George, to discuss specific needs and accommodations. A two week notice is required in order for the Department to make reasonable accommodations based on individual needs for successful inclusion. We also offer a parent/child class on Fridays for individuals better suited for one-on-one instruction.

### **Minimum Requirements for Successful Inclusion**

The basic eligibility requirements for all programs, camps, classes and events apply to all participants, regardless of ability level. There may be additional requirements for each program, camp or class. The capacity for each program is based on ratio and logistics. If the maximum enrollment for a program has been met, a participant may be unable to enroll or placed on a wait list. Payment is due upon registration.

The basic eligibility requirements for all programs, camps, classes and events are listed below:

- Payments must be received before admission into any program.
- All participants are required to follow the rules of conduct in the parent handbook.
- An individual with a disability may be removed from a program if after interventions and accommodations their behavior is a direct threat to others.
- Must be able to maintain personal care without the support of RFPR staff or volunteers. Participants should meet the prerequisite age/ skills for the class or program (if required for participation).
- Participants should be willing to participate and actively participate in the program the majority of the time.
- Ability to function with or without assistance as a member of a larger group (10 or more people).

## **Recreational Gymnastics & General Facility Information** **Gymnastics Parent Handbook**

### **Recreational Class Program**

Recreational classes are designed to be a progressive program where participants are successful and may have the opportunity at some point to be a part of the Competitive Program if they so choose. The Recreational classes are designed to provide basic gymnastic instruction to those children who are taking gymnastics for the first time, continuing on to the next recreational level or to those who are not interested in being part of the Competitive Program at this time. Particular skills and/ or age appropriateness within the recreation class curriculum must be obtained to move to certain levels.

Detailed information about class schedules, special events, RFPR events, and scholarship applications can all be found at the Gym Desk.

### **Recreational Class Schedule & Monthly Registration Fees**

The recreation class schedule is posted on our website, and is subject to change.

<https://www.rfpra.com/gymnastics>

The fees range from \$65 - \$85 per month depending upon the length of the class.

### **How to Register for Monthly Recreational Classes**

**Online:** <https://www.rfpra.com/gymnastics> Click on the “Register” button. This will take you to the online registration system. Select the appropriate age group and level for your child and the date and time that works best. ActiveNet will walk you through the registration process. [When registering online, please ensure all of your information (especially contact and medical information) is correct.]. *Online registration closes the last day before the class starts.*

**In-person:** Register at the Gymnastics Center located at 1 Shorter Ave, Rome, GA 30165 between the hours of 9 am - 6:00 pm Monday-Friday. Waivers will need to be filled out and turned in. Forms of payment: check or card – NO CASH.

**Over the phone or by email:** If your child was previously enrolled in classes and your information is on file you may call the gym desk to register at (706) 291-0766 opt. 2, or email [RomeAerialsRFPRD@gmail.com](mailto:RomeAerialsRFPRD@gmail.com)

*\*Please ensure you give us all pertinent medical or allergy information at the time of registration.*

## **Rome Aerials Registration Policies & Procedures**

- *Recreational gymnastics classes are held year-round*, with registration taking place on a month to month basis. A new session begins the first day of each month and runs through the last day of the month.
- Registration only covers the classes on the specified class day/time for the month in which the gymnast is registered.
- Registration opens for the following month on the 2nd Monday of the preceding month unless otherwise specified.
- Registration is first come, first serve each month. A spot is not secured in a class until payment is made in full, regardless if the gymnast was enrolled in the class the previous month.
- Classes are pro-rated for holidays or registration occurring after the first week of classes. The gymnastics office staff may issue pro-rations at upon approval of the Gymnastics Coordinator.

### **Make-up Classes**

If a gymnast misses a class during the month, you may call the gymnastics office to schedule a make-up. Make-up classes must be scheduled in advance to ensure that there is space available in the desired make-up class. Make-up classes must be scheduled for a day/time within 1 month of the missed class. If not, the missed class is forfeited.

### **Registration Opening Dates**

*Registration is Monthly, with no automatic renewal.* Each gymnast must be re-registered every month on the 2nd Monday of the preceding month.

### **Refunds**

Registrants assume full responsibility for any changes in their personal life which may affect their ability to participate. RFPR will consider refunds for sports programs under the following circumstances:

- If RFPR cancels a program the participant will receive a full refund.
- Refunds will not be granted due to team placement or coaching preferences.
- Refund requests based on injuries or medical limitations must be accompanied with a medical doctor's examination report.
- Only Recreational Program fees may be refunded.

### **Gymnast Attire**

Before class begins, please make sure the gymnasts have removed all jewelry and pulled their hair away from their face. Gymnasts may wear leotards or a fitted top and shorts without zippers, buttons, or drawstrings. Parents participating in Parents and Tots classes should dress in comfortable attire – no dress shoes or hiking boots. Male gymnasts should wear comfortable shorts with elastic waist bands. T-shirts must be tucked in. No baggy clothing. No tennis shoes are permitted. Gymnasts must have bare feet. The only other footwear permitted will be gymnastic slippers. Tights alone on the feet are not permitted because they are often too slippery. Skirts are not permitted.

### **What to expect on your first day**

Please arrive 5-10 minutes early. Gymnasts who miss the first 10 minutes will not be permitted into the class for their safety, therefore forfeiting the ability to make up the class or get a refund. If you know in advance that your child will be missing a class, you may call to schedule a make up (if there is availability for one). *We will not give a refund unless it is in accordance with our Refund Policy (above).*

Upon entering the Gymnastics Center, please confirm your child's class and time at the Gym Desk located to the left of our entrance. Gymnasts may place outdoor clothes, shoes, and socks inside the cubby rack. Proceed down the lobby hallway to the Gym Entrance door. Gymnasts will be called into the Gym area at the appropriate time by class name. Coaches adhere to the red clock located in the Gym. If you have not heard your child's class name within two minutes of the scheduled time, please see the Gym desk.

Please ensure your gymnast's hair is pulled back and out of their face before class. Remove any necklaces or bracelets. Stud earrings are permitted.

For everyone's safety, parents and siblings not enrolled are not allowed inside the Gym during practice. We offer a lobby with tables and seating, a homework room, and a large viewing area. Upstairs seating is available for adults.

NO flash photography or video with lights will be permitted. This is for the safety of our gymnasts.

At the end of the class, we ask that you meet your child at the Gym Exit doors (located by the cubby rack). Please feel free to talk to your child's coach at this time.

We provide informational handouts to our gymnasts most weeks, please be sure to review these as this is our main line of communication with our families. If you ever have any questions please call our Gymnastics Coordinator, Missy George at (706) 331-0110 or the Gym Desk at 706-291-0766 option 2 for gymnastics.

Please be prompt in picking up your child.

No food or drinks are permitted in the gymnastics area.

RFPR is not responsible for any lost or stolen items.

### **Insurance/Liability**

Please be advised that the Rome-Floyd Parks & Recreation does not provide accident or hospitalization insurance for program participants. Parents are strongly advised to have adequate personal insurance coverage for their children. Participation in the gymnastics programs shall be at the parents' and the participant's own risk.

### **General Behavior & Code of Conduct**

Children are expected to conduct themselves in an appropriate manner at all times in both recreation and competitive team gymnastics. Children should refrain from being verbally and/or physically abusive to others. Children should have respect for authority figures and should respond positively to guidance and direction. Persistent behavior problems may result in dismissal from the gymnastics program. Disciplinary procedures within the Gymnastics Center are guided by the type and severity of the behavioral incident as described below:

**Minor Incidents:** Minor incidents include, but are not limited to, name-calling, horseplay, refusal to cooperate (not listening, not following rules, or not following directions), being disruptive, being rude/discourteous to adults, throwing soft objects, minor destruction of property such as tearing up or coloring on others papers, etc.

**Serious Offenses:** More serious offenses include, but are not limited to, using abusive/profane language, throwing dangerous objects, participating in physical conflict (hitting, kicking, biting, etc.), and inappropriate social behavior.

When a child does not conform to acceptable rules of behavior, the staff will discuss with the child the specific inappropriate behavior that the child has demonstrated, more appropriate behavior, and the consequences for demonstrating further inappropriate behavior. ***Consequences may include:*** verbal warning, time-out in the gym, time-out with a parent, and/or removal from class for the day or long term.

### **Sick Policy**

#### **Fever**

Parents should keep children at home if they have a fever, which generally means a temperature of 100.4 degrees Fahrenheit and higher. A child should be fever-free for 24 hours without taking fever-reducing medication before returning to classes.

#### **Stomach Virus**

A stomach virus causes nausea, vomiting and/or diarrhea. Children should be free of all these symptoms for 24 hours before returning to classes.

#### **Pinkeye**

Pinkeye can be bacterial or viral. Children who have red eyes, eye discharge that is not clear or whose eyes can't be easily opened should stay home from classes. In addition, children who are using medicine for a bacterial infection should be home at least 24 hours before returning.



Whether it is viral or bacterial, children should stay home until the whites of their eyes are only slightly pink and there is only clear discharge from their eyes.

### **Steady or Hacking Cough**

Children who have minor coughs are usually OK to go to class. But a child who has a moderate to severe persistent cough, or who is experiencing coughing fits, should stay home. Teach children to practice good coughing hygiene, such as coughing into a tissue or the bend of their elbow, and tell them to wash their hands frequently."

### **Strep Throat**

Strep throat is contagious. Once a child has been diagnosed with strep throat, she/he should be treated with antibiotics for 24 hours before returning to class.

### **Head Lice**

Schools recommend that children receive immediate home treatment for lice. The child should not return to class until nits are no longer in the hair.

Refund requests based on injuries or medical limitations must be accompanied with a medical doctor's examination report. Refunds will be on a class by class basis.

### **Restroom Policy**

#### Classes

- Parents or guardians are asked to take their child to the restroom before class begins.
- If a child has to use the restroom during class and is not able to do so on their own, the floating coach will take the child to the door where the parent or guardian will meet them to help them in the restroom.

#### Camps

- Parents or guardians are asked to take their child to the restroom before camp begins.
- Campers will have designated times between activities to use the restroom as a group. During this time, one instructor is in the restroom with 4 of the campers outside of the stall, the other instructor is holding the door open to eliminate any injuries from the kids' inability to hold the door. The instructor holding the door is also able to supervise the other campers that are standing in line in the hallway.
- If a child has to use the restroom during camp, a floating coach or one of the two coaches assigned to the age group will take the child to the restroom and wait outside of the restroom to assist with the door for when the child returns to camp.
- If your child is unable to use the restroom on their own, we ask that they either not attend camp or that a parent or trusted guardian stays during camp to aid with them using the restroom.

### Tot-Time

- Restroom breaks are parents' responsibility.
- Any accidents in the gym must be reported to gym desk staff.

### Open Gym

- Parents are asked to take their child to the restroom before leaving after dropping them off.
- If a child has to use the restroom during open gym, a staff person must be notified. The staff will keep track of how long the child is gone and will only check on them if they are gone for more than 5 minutes.

Horse play is not tolerated in the restroom, regardless of class, camp, tot-time or open gym. In the event horse play is detected, a parent or guardian will be notified and the child will sit out of the activity for 10 minutes. If the action continues to happen, a parent or guardian will be notified to come pick up the child and will not be refunded.

Be respectful of your surroundings and clean up after yourself.

## **Monthly Clinics** (TBA will bring back if interest)

### **Cartwheel Clinics**

(TBA)  
Ages 4 & Up  
MUST Pre-Register / Limited Spaces

### **Back Handspring Clinics**

(TBA)  
Ages 5 & Up  
MUST Pre-Register / Limited Spaces  
Prerequisites: Bridge kick-over, Round off,  
Cartwheel, Handstand

## **Recreational Events**

### **Recreational Summer Camps**

For children ages 3-15. Gymnasts will be grouped by age, then ability. No gymnastics experience is required. **Children must be 100% potty trained and be self-sufficient** (please read restroom policies). If they need assistance with the restroom or other sanitary needs, parents are required to stay throughout the day.

Registration opens February 1st of each year.

Cost: \$150

Sessions (June & July) 8:00 am - 12:00 pm Monday - Thursday

*\*Please see the Summer Camp Guide located at the gym desk for more details.*

## Facility Rentals & Birthday Parties

Rome Aerials Gymnastics is pleased to offer birthday parties and event rentals for special celebrations. Parties are for all ages, no gymnastics experience needed. Each rental includes 2 instructors, full use/play time in the gym and time in the party room for snacks, cake, gifts, etc.

***\*Spots fill quickly and are often booked months in advance - schedule early.***

### Private Birthday Parties

Parties are offered on Saturdays and Sundays year-round, excluding some holiday weekends. Time is broken down to 1 hour in the gym followed by 1 hour in the party room. Fifteen minutes are provided before and after your allotted time for set-up and clean-up. All parties require a minimum of 2 instructors for up to 25 children. Parties that exceed 25 children will incur additional charges for the extra use of equipment. A third instructor must be requested in advance for an additional charge.

Total cost for our bigger party room:

2 hour party is \$200

Days and times available but subject to change:

Saturdays – 10:15 am, 12:45 pm, 3:15 pm, 5:45 pm

Sundays – 11:30, 2:00, 4:30

*\*2 hours is the minimum time available to rent. Ask Gym Desk about longer rental times*

Events may be booked for additional time – call the gymnastics office to inquire.

### Non-Private Birthday Parties

Parties are offered on Saturdays and Sundays year-round, excluding some holiday weekends. Time is broken down to 1 hour in the gym followed by 1 hour in the party room. Fifteen minutes are provided before and after your allotted time for set-up and clean-up. We have 2 small party rooms that require a minimum of 2 instructors for up to 12 kids **max** per room. Adults attending the small parties that are not the birthday kid's parents may utilize the lobby seating area while you wait. Small parties will be sharing the gym with the other small party but will have your party room to yourself. The total cost for a 2-hour party in our small party room is \$150.

Total cost for our smaller party rooms:

2 hour party is \$150

Days and times available but subject to change:

Saturdays – 11:30, 2:00, 4:30

Sundays – 12:45, 3:15

*\*2 hours is the minimum time available to rent.*

To book a party, call the Rome Aerials Gymnastics office at (706) 291-0766 opt. 2 OR Email [RomeAerialsRFPRD@gmail.com](mailto:RomeAerialsRFPRD@gmail.com)

You may also book in person: 1 Shorter Avenue, Rome, GA 30165. A time slot can be held for up to a week without payment. A rental contract must be completed and the rental fee paid in full in order to guarantee your space and time.