

DIAMOND GYMNASTICS

in-person winter schedule: Jan 6 – Feb 24, 2021

Diamond Gymnastics is offering both in-person and virtual class options for the 2021 Winter session. Our in-person classes operate as a station-based class structure keeping athletes socially distant throughout their workout. This structure ensures the same high level of instruction you expect, while also allowing athletes to choose longer class options for extended practice. Extended classes offer athletes more practicing time on their skill set to advance at a faster pace! We offer both 45-minute and 90-minute in-person class options. In-person athletes are enrolled based on age.

Athletes will be working at their own station instead of following a circuit. This class style coupled with reduced class sizes (less than 20%), allow coaches to monitor athletes' individual skill set, strengths and weaknesses to properly assign exercises specific to their personal growth. Our extended classes offer athletes the opportunity to regularly utilize the entire facility, with longer durations on each station, providing faster skill development!

Our Virtual classes will be offered based on skill level. This is necessary to ensure proper at home instruction and the safety of all athletes. If you are a new athlete 5 years of age or older, with no formal gymnastics' instruction, you will be enrolling in our [Novice I class](#). Current or former athletes inquire for level placement.

WINTER SESSION 1 - IN PERSON 8 WEEK SESSION		
IN – PERSON SCHEDULE: ages 15 months – 15 years		
CLASS AGES	CLASS TIMESLOT	DAY OPTIONS (class enrollment once/wk)
15 months – 4yr * structure/open gym	10:15am – 11:00am	Wednesday–Thursday
	11:15am – 12:00pm	
3yr6mo – 5y	3:15pm – 4:00pm	Weds, Thurs, Friday
4yr – 7yr	3:15pm – 4:00pm	Monday – Friday
	4:15pm – 5:00pm	Monday
	9:00am – 9:45am	Saturday
	11:45am – 12:30pm	Saturday
5yr – 11yr	3:15pm – 4:45pm	Monday
	5:00pm – 5:45pm	Monday
	4:15pm – 5:45pm	Tuesday – Friday
	10:00am – 11:30am	Saturday
7yr – 15yr	6:00pm – 7:30pm	Tues, Weds, Thurs

IN-PERSON WINTER SESSION 1 RATES	
Class Duration	8 Week Session Cost
45-minute class	\$232
90-minute class	\$348

IN-PERSON CLASS PROCEDURES & DETAILS
<ul style="list-style-type: none"> To ensure the safety of our athletes and coaching staff, all will receive a temperature check and health-screening prior to entering the building. Children enrolled in 15 months – 4 years class are required to have an adult accompany them on the gym floor for a mix of a structured class and an open gym style. All classes for children ages 3 years 6 months – 15 years will require drop-off and pick-up at the front door to minimize the number of people in the facility at any given time. Unfortunately, parents/guardians/sitters/siblings will not be permitted in the building for any reason. Thank you for understanding this policy to ensure the safety of our staff and our athletes. \$25 Annual Registration fee applies to all Athletes who were not enrolled for the Fall gymnastics season 10% sibling discount on 2nd child's tuition No in-person make-ups/refunds/pro-rate/credits for missed classes <u>One</u> make-up video will be emailed for an 8-week session for in-home practice Class schedule subject to change based on enrollment In the event of a mandatory government closure all classes will be provided virtually. No refunds/credits will be applied.

DIAMOND GYMNASTICS

virtual winter schedule: Jan 6 – Jan 27, 2021

WINTER SESSION 1 – VIRTUAL 4 WEEK SESSION		
VIRTUAL SCHEDULE: ages 15 months – 15 years		
CLASS AGES	CLASS TIMESLOT	DAY OPTIONS (class enrollment once/wk)
15 month – 4 years * may require parent help at home based on age	10:15am – 10:45am	Thursday
	11:00am – 11:30am	
Novice I & Boys (5+ years)	5:15pm – 6:00pm	Monday
	4:15pm – 5:00pm	Wednesday
Novice II & Novice III (5+ years)	4:15pm – 5:00pm	Tuesday
	6:00pm – 6:45pm	Wednesday
Intermediate / Advanced (5+ years)	6:00pm – 7:00pm	Thursday

VIRTUAL WINTER SESSION 1 RATES & DETAIL

All Virtual Classes are \$112 for a 4-week session

- \$25 Annual Registration fee applies to all Athletes who were not enrolled for the Fall gymnastics season
- 10% sibling discount on 2nd child's tuition
- No in-person make-ups/refunds/pro-rate/credits for missed classes

winter registration process

WINTER SESSION 1 REGISTRATION DETAILS

- ❖ Monday, November 30th
 - Current clients only staying in the same class day/time/age group as the Fall Session 2 simply notify us at pick-up or send us an email
- ❖ Monday, December 7th
 - Current clients only moving class day/time/age group email us your NEW class preferences
- ❖ Monday, December 14th
 - NEW or returning clients email us your top 3 class preferences along with your child's name, date of birth, contact number and name of class you're enrolling