



Welcome

Thanks for joining Ken's Gym! We're excited to be a part of your family's life, and we want to welcome you as a member. We hope you enjoy your experience with us. Please take some time to look through this packet for tips on how to make the most of your time here.

We believe that participating in sports provides many opportunities to learn qualities that will last a lifetime. We want to help your child be successful in many areas of their life, both now and as they grow older. Physical activity and skill development are only two of the benefits. Your child will also learn patience, sharing, endurance, attentiveness, positive attitude, self-confidence, to encourage others, diligence, and much, much more!

Your First Day

We want you to get the most out of your first class, and we know there's a lot to take in. Here are a few important tips:

- We move around a lot in the gym! Be sure to dress appropriately – a leotard or comfortable T-shirts and shorts are great. T-shirts should be form fitting so that they cover appropriately when your child is upside down. Clothing should not be baggy or have any buckles or zippers that might scratch you or the equipment. Students may wear socks, but most kids and coaches prefer bare feet. Long hair must be tied back. No jewelry may be worn and no gum in the gym, please.
- Please arrive 10-15 minutes early to your first class. Tell the office staff you are new, and they can show you around and answer any questions.
- Students can change their clothes if needed in the changing rooms and wait in the waiting area for their coach to call the beginning of their class! Acceptance of our policies and waiver is required prior to participating in the gym – this can be done online in our Parent Portal (find a tab to the Parent Portal in the upper right-hand corner of our website, kensgymtooele.com).
- Parents are not permitted in the gym area except for parent-child classes, Open Gyms, and Parties. Family and friends are invited to watch students in their classes from our viewing areas. We request that visitors remain quiet and respectful of others while they watch. Please refrain from talking to your child or their coach while they are in class. You are encouraged to talk with coaches before and after classes!
- Siblings not currently in a class are not permitted in the gym area. Gracie's Playland upstairs is an area available for your other children while one is in class. Direct parent supervision is required while your child is in the playland. Please note that Gracie's Playland is for children ages 10 and under.
- Wi-Fi is available at the gym: the guest password is "gymnastics".

Membership

Perks of Membership include *unlimited* discounts to our Open Gyms, Late Nights, and Parties, as well as discounts for leotards and snacks in the Proshop. Membership fees are due each year on your enrollment anniversary. A free T-shirt for each enrolled child, and a membership card is yours when the membership fee is paid. This fee helps us cover the cost of insurance at the gym.

The membership fee is \$33 for an individual or \$55 for a family. If you register online, you may be charged a membership fee even if one is not due; this is a glitch in our registration software and we apologize for this. For example, if you joined during the summer, you may be charged another fee for fall. Likewise, if you enroll three students, you may be charged \$99 rather than the family rate of \$55. Please let us know at the front desk and we will credit the extra amount.

Tuition Discounts

- Military discount: 10% off the first enrollment
- Sibling/Multiple Class Discounts: First child/class pays full price (this must be the highest price enrollment), 2nd enrollment is 20% off, 3rd enrollment and everything after the 3rd is 40% off.

Enrollments

When you enroll in classes at Ken's Gym, your enrollment does not have an end/drop date until you set one. You'll have your class spot as long as you want to continue – even through the summer. Please let us know if you need to drop or transfer to another class.

Make-up Classes

We do not discount or pro-rate for classes missed. Likewise, we do not offer make-up classes, though we do offer a free Open Gym if a class is missed. When you sign in online (through the Parent Portal) for your open gym, use the code "coupon". When you arrive at the Open Gym, let us know that you are using a make-up day rather than paying. Open Gym make-up must be used within 60 days of the missed class.

Tuition Cycles

Tuition for each month is due on the 25th of the prior month. There is a two-week grace period, after which you will be charged a \$20 late fee. Make things easy, sign up for **autopay** and we'll automatically process your payment for you on the 25th of each month.

★ Risk Free: If you decide to drop a class, we will happily credit any *future* classes you do not want to attend but have already paid for. You can always pay by check, cash or card if you prefer. Please note that we do not discount or prorate for classes missed after signing up – you pay to hold your spot in that class.

Open Gym

Open Gym is a time when children (whether members or not) can come to the gym and practice or play. The cost for Open Gym is \$11 or \$9 with membership. Punch cards can also be purchased, with a buy 5 get 1 free deal. We rarely close on an Open Gym day unless it falls directly on a major holiday – check

the gym calendar on our website to confirm that we are open. Pre-registration through the Parent Portal is required to ensure your spot – space is limited.

Late Night

A parent's chance to have a night out! Games, supervised free-play, and pizza for children ages 5+. Once a month on Friday night from 7:00 – 10:00. Check the calendar on our website for exact days. Cost is \$21 or \$16 with a membership. We recommend making an online reservation through the Parent Portal – space is limited.

Parties & Events

Most weekends are available for parties or events. We have three party rooms available to rent (and the main gym area is open for play), as well as the option for a full facility rental (all party rooms and exclusive use of the main gym area). You can even book a party room during an Open Gym, and the birthday kid can join for free! See our website for additional details.

Summer Camps

In addition to our regular classes, we also offer fun themed day camps (June – Aug). Each camp runs for one week (M – Th). Enroll for one or for all! Additional information is available on our website.

Competition Teams

We offer Gymnastics, Cheer, and Dance competition teams. Membership in these teams is by invitation or try-out only. Team membership requires an annual commitment – both time and financial. Tryouts are typically in May or June, please contact our office for further details.

Private Lessons

Private Lessons are a wonderful way for your child to work on specific skills that are needed for advancement. Students enjoy focusing on the challenge of perfecting existing skills and learning new skills. Many of our coaches are willing to do private lessons as their schedules allow. The cost for this is \$65 per hour or \$35 for half an hour. More information is available at the front desk or on our website.

Student Evaluations

The skill ratings (1-5 stars) are available through the Mobile App or the Parent Portal – see info below for access. A student is ready to move to the next level when they can score a 4 or 5 on all skills at their current level. Our goal is to do evaluations at least every two months. If your child has not been evaluated during class, let the coach or the front office know, and we will work to get that done. We hope to soon have online video demonstrations of skills on our website.

Advancement to a new level

We do some basic testing/questioning to try to determine the best initial class/level for your child. Some children perform best if they are at the top of their class and others do better if they are challenged by athletes with more experience or skill. Our goal is to keep students together as a class with the same coach, same friends, and same day/time as long as possible. Often the entire class will advance a level and be re-listed at that level. Your child should receive recognition for advancing to the next level

whether or not they move to another class. If your child is a level above the class they are currently in, we recommend that they consider moving to another class that is at the higher level.

Recommendation Discount

If you like Ken's Gym, share with your friends! You and your friends (new enrollments only) each get a \$20 credit. Fill out a pass-along card (available at the front desk) and ask your friend to turn it in at the time of registration. There is no limit on the number of cards that can be redeemed – word-of-mouth is our best form of advertising!

How We Communicate

We do our best to communicate. Email is our preference, but we are transitioning to text for time sensitive info such as a weather closure (bad snow day). We recommend that you mark "yes" by texting in your iClass account (parent portal) and that you do not check the box marked "unsubscribe from email blast." You can also find us on Facebook where we will announce things like Late Night and special events. Our website kensgymtooele.com has a lot of information too.

We have a Mobile App

This is a great way to enroll students, pay tuition, check your child's skills, and more. Get it from the App Store or download it from Google Play. Search for *the iclasspro app*. The account name is *tgatga*. You already have a password if you have used our parent portal, or you can select "forgot password" and follow the instructions.

The Parent Portal

If you prefer to use a computer to access your account, you have similar access to the Mobile App. Go on our website and click Parent Portal in the top right. If you are already a Ken's Gym member, you do not need to create a new account.

The ProShop

Fitness attire, snacks, cold drinks, athletic tape and more is available at our ProShop! Band-aids are free if you need one, and so are hair ties (though we are grateful if you bring your own). Cash or cards (for purchases over \$3) are always welcome.

Gym Cleanliness

Maintaining a clean gym is important to the health and safety of our students. We have considered cleanliness and safety through the design of our building up to the present time.

Our large, 2-unit, heating and air conditioning system includes UV technology to sanitize the air prior to it re-entering the gym. This process effectively clears the air of bacteria and viruses. MERV 8 filters are used to capture common dust, debris, pollen, mold spores, and larger particles. Additionally, outside air is regularly exchanged for inside air to prevent stagnant air.

The majority of mats in our gym are made from closed cell foam. The foam does not absorb water or moisture. Keeping our mats dry is the best method to prevent the transfer of athlete's foot and other fungi. The mats' carpeted surfaces are vacuumed multiple times per week and professionally cleaned a minimum of once per year. Vinyl coated mats are cleaned and sanitized regularly.

Our foam pits are cleaned out annually. The blocks are spray sanitized as conditions dictate there is a need throughout the year. Foam dust and larger pieces of foam are removed by sweeping and vacuuming.

Hand chalk from the gymnastics bar area is vacuumed and mopped regularly. Our vacuum cleaners are bagged devices to ensure good filtration and elimination of the dust. We are in the process of installing a “chalk-eater” and “chalk trap” filter systems near the bars for added prevention and protection.

Restrooms and drinking fountains are cleaned and sanitized daily as a minimum. Floors are swept and mopped regularly with disinfecting solutions. If you see an area of our gym that does not meet our high standards, please point that out (through email or in-person at our front desk) so that we may improve our processes in that area.