

FREQUENTLY ASKED QUESTIONS...

When does AGA have classes available?

AGA runs from June-August. We do have some school year classes, but this is for the more advanced gymnast and you will be asked to be in these by the AGA Head Coach, Jen Deutsch. School year classes have to work around our Competitive HS team.

When do I drop off my child & when do I pick them up?

Drop off 5 minutes before class begins and pick up when the class is over. Try to be on time so your child doesn't wait too long for a ride. Also make sure you see your child get into the building if you are just dropping them off and not coming into the building with them. Sometimes doors are locked. WE WILL NOT LET KIDS RIDE WITH SOMEONE THAT WE ARE NOT TOLD TO AHEAD OF TIME!

What door do I drop off & pick up at?

If you are not coming into the building, you can use the North entrance. You can not park in this North lot. If you are parking and coming in with your child, you must use the East parking lot and doors. We have photos of these doors under the location tab on our website.

What do I have my child wear to practice?

We sell leotards in the gym, but a tight fitting outfit is best. The idea is that they don't have loose clothing for coaches to get tangled in when spotting. Swimsuits work and tank tops/shorts for boys are best.

Will there be varying gymnastics ability levels in my child's class?

Possibly. We try to fit each child with a class appropriate to their skill level NOT age. So there will be varying ages in each class.

Will there be varying ages in my child's class?

Yes. We fill rosters with child's ability not so much age.

How will I know when my child should move up a level?

Coaches do Progress Reports the last week of each session. You will receive a copy of this so you know what your child needs work on and if they are ready to move up. Gymnasts need to be ready in each event, not just one. They also need to be mentally/behaviorally ready.

Where is the gymnastics gym located?

Central High School, 2200 S Roosevelt. We are the last gym to the North in the athletic hallway.

How do I contact a coach if I have a question?

We ask that you use email through our website. If you need to speak specifically to a certain coach... the Head Coach, Jen Deutsch, will contact them for you. We ask that you do not call the coaches at their homes.

If I miss a class, how can I make it up?

Make up classes can be done if there is room in the class. We ask that you fill out a make up form (found on our website or in the gym) and give that to your coach prior to the missed day if possible. If you miss and fill this out after the fact, still fill one out for

our documentation. You can come to the class of choice, unless you hear from us that it will not work.

When do I pay for classes?

Payment is due at the beginning of each session. There is a payment drop box to the left of the gym door or you can mail it to PO Box 1861.

How much are classes?

You can find this info on our website under class descriptions.

If my child is not returning to the next session, do I tell someone? Will I get my spot back?

We ask that you inform us before the session is over if you will not be returning in the next session so we can fill the spot with a waiting list gymnast. You can have your spot back if there is room in that next session. Contact us for availability.

How important is it to let my child's coach know about medical issues they may have?

Very important! If your child gets injured and need medical attention at the hospital, we send the medical forms with them so medical personnel are aware. We also need to know if they have any medical conditions that would limit their ability to train.

What should I expect my child to say & feel after doing this sport for the first time?

They will be sore, yet excited at the same time. It is exciting to jump and swing in a safe environment. Muscles used in this sport will be sore and sometimes kids are scared by that. Soreness will go away after continued training. Children may also state that they are in a class with other kids that are better than them. This may happen as many gymnasts have been with our program for a few years and have experience at a young age. Encourage them to keep trying as they will get better. :)

Can my child change at the gym?

We do have locker/restrooms across from our gym. Boys will have to go down the hall.

Do you sell leotards and shorts in the gym?

Yes!

If I know someone that is interested in gymnastics, but classes have already begun... how do they get in?

Give them our website address and have them email us. We will then find room in our next beginning session. Once you are in our program, you can pre-register before any new members are let in.

How do waiting lists work?

You will be called upon first available openings. We usually can get kids in at least one session during the summer. Sometimes you may not be able to do all 3.

What will my child do in class?

They will stretch; work the 4 different events (bars, beam, floor, and vault) and condition along with a game if time.

What is the rule on jewelry?

NO JEWELRY! If there is an injury where swelling occurs, jewelry is dangerous. Also earrings can be accidentally pulled out when spotting. Medical bracelets are the only exception.

How is behavior problems handled?

The child is usually asked to stop the inappropriate behavior. If they do not stop, they will be asked to sit out. If it still continues, parents will be called. We want a safe, learning environment for all involved.

Who is my child's coach and what is their background?

We have a coach's bio on our web site under coaching staff.