

CLASS DESCRIPTIONS

PARENT AND CHILD – Ages 18 months to 3 years of age – Fitness, motor learning and exploratory movement with very limited gymnastic skill work. Class set up and supervised by instructor, however, parents work directly with the child. Boys and Girls

TOT I – Ages 3 to 5 years – A beginning pre-school class for first time or beginner tots. Fitness oriented with introductory gymnastics skill. Boys and Girls

TOT II – Ages 3 to 5 years – Pre-school class for the experienced child that has been recommended by the instructor to move from Tot I or who has been through the Tot I class for two or more terms. Gymnastics skills emphasized as well as fitness. Boys and Girls

BEGINNER – Ages 5 and up – A gymnastics skill-oriented class for the novice or beginner child. Boys and Girls

ADVANCED BEGINNER – Ages 5 and up – A gymnastics skill-oriented class for the experienced or recommended beginner. Boys and Girls

INTRODUCTION TO INTERMEDIATE – Ages 7 and up – An introductory class to the intermediate level, focusing on basic limber and dynamic skills. Entry criteria: Handstand fall to bridge and hold. Girls Only.

INTERMEDIATE I – Ages 7 and up – Intermediate gymnastics, stressing walkovers and handsprings skills. Entry criteria: Front and back walkovers and limbers. Girls Only

ADVANCED I – Ages 9 and up – Advanced gymnastics, stressing dynamic forward and backward handspring skills. Entry criteria: Standing or round off back handsprings with very little help from instructor. Girls Only

ADVANCED II – Ages 9 and up – Advanced gymnastics, stressing dynamic handsprings and somersaulting skills. Entry criteria: Must be executing round off back handspring by themselves. Girls Only

TUMBLING FOR ALL LEVELS – A tumbling class for beginner through advanced floor skills, stressing rolling, cartwheels, round offs, walkovers, handsprings, tucks, layouts and twisting skills when ready. Jumps on tramps, conditioning to help tumbling. This class is highly recommended for cheerleaders needing extra help on their tumbling skills or any child wanting only tumbling without all the gymnastics apparatuses. Girls and Boys.

**PLEASE FILL OUT COMPLETELY AND MAKE CHECKS OR MONEY ORDERS TO V.I.G.S.
WE ACCEPT ALL MAJOR CREDIT CARDS**

REGISTRATION FORM

How did you hear about us? _____

Child's Name _____

Street _____

City _____ Zip _____

Age _____ Sex _____ Date of Birth _____

Cell# _____ Cell# _____

Emergency or Work# _____

Email _____

Term# _____ Name of Class _____

Day of Class _____ Time of Class _____

Class Fee _____ Registration Fee _____

Total Paid _____ Total Due _____

Parent's Consent and Release

As legal guardian of the child registered on this form, I hereby consent for him/her to participate in gymnastic classes conducted by Virginia International Gymnastics Schools Inc. I recognize that any activity involving height or motion can create the possibility of serious injury, including permanent paralysis and even death from landing or falling on the head or neck. I hereby forever release Virginia International Gymnastics Schools Inc., Virginia International Gymnastics Schools Inc. officers, directors and employees from all liability for any and all damages and injuries suffered or contracted with gymnastics or cheerleading classes.

Does your child have any limitations or disabilities that Virginia International Gymnastics Schools Inc. staff should be aware of?

No ___ Yes ___ Explain _____

Legal Guardian – Please Sign Below.

THERE IS A ONCE A YEAR REGISTRATION FEE OF \$36.00 THAT MUST BE PAID PRIOR TO FIRST CLASS!

CAUTION: ANY ACTIVITY INVOLVING HEIGHT OR MOTION CREATES THE POSSIBILITY OF SERIOUS INJURY, INCLUDING PERMANENT PARALYSIS AND EVEN DEATH FROM LANDING OR FALLING ON THE HEAD OR NECK.

V.I.G.S. PHONE # 804-276-7039

(Office only: Date _____ Payment _____ CC# _____ Check # _____ Payment Due _____ On Card _____)