LANIER'S GYMNASTICS

Parent & Student Handbook



16101 LANDON ROAD
GULFPORT, MS 39503
Office: (228)832-9442 · Cindy's Cell: (228)365-5442

Website: laniersgymnastics.com

Email:
wcindywallace@aol.com



Building great athletes since 1985
Owned and operated by Cindy Lanier Wallace
Updated 8/24/2026

Welcome to Lanier's Gymnastics

Lanier's Gymnastics is dedicated to delivering high quality gymnastics programs to help participants reach their potential both physically and mentally. Our mission is to provide a Christian environment that encourages confidence, self-esteem, self-discipline, and responsibility. We strive to help our students learn the benefits of an athletic career while learning how to prosper individually and in group settings.

Membership Fee

A membership fee is required of all Lanier's Gymnastics students and keeps them on our rolls for a year. This is an annual fee which begins in the first month of enrollment and is paid in addition to the first month's tuition. Membership fees are renewed annually and are based on the number of children enrolled. Please see Class times and prices sheet.

Payments

- Payments for classes are due at the first class your child(ren) attends of each month.
- **We do not auto-draft.**
- When you pay your child's monthly tuition you pay for either 4 classes or 8 classes a month.
- The first payment may be pro-rated if your child does not start at the beginning of the month. This is the only time tuition may be pro-rated.
- You may make your payments via:
    - IN PERSON - in our office, by cash, check or credit/debit cards (please note there is a 3.5% processing fee for card payments)
    - BY MAIL – you may mail your payment to: 16101 Landon Road, Gulfport, MS 39503.
    - VIA PHONE (228-832-9442) – you may call the office to make a payment via debit/credit card (processing fee will apply) during our front desk hours.
- If your child cannot participate due to unpaid tuition, this does not relieve you of the financial responsibility already incurred.
- There are no fee adjustments for missed classes (see makeup policy.)
- Please note: We will make fee adjustments Parent/Tot and Tumbling classes, if they fall on a holiday or break, because they only have one session offered each week.

Awards

At the end of each session - Spring (Jan. – May) and Fall (Aug. – Dec.) for the gymnastics classes, Lanier's has award ceremonies. To receive partial awards (usually a ribbon), your athlete's account must be paid in full for the time they have attended. To receive all awards (usually a ribbon and a medal) a student must be enrolled and fully paid (not prorated) for the entire session. Awards are not given for Tumbling or Parent/Tot Classes.

Student Attire/Dress Code

- We recommend a gymnastics leotard for girls however it is not required.
- Girls and boys may wear comfortable but snug clothing that you can move around in such as T-shirts and shorts.
- **Please NO two-piece workout outfits that expose the stomach.**
- No jeans or clothing with zippers, buttons, or inappropriate words will not be permitted. Clothes should not be too bulky or loose as they may interfere with spotting.
- Wearing jewelry during gymnastics is not safe.
- Hair that is long enough to cover the eyes must be pulled back away from the face in a ponytail.
- Injuries or contagious skin conditions must be covered with a bandage.
- No socks or shoes. Bare feet are always required.

Parent & Family Observation

- Parents are encouraged to stay and watch their child during class times but are NOT allowed on the gym floor area at any time during their child's class. Parents may view classes from the viewing areas.
- Please remain in the seating areas, and do not instruct your child while they are on the gymnastics floor. Instructing is the job of our Lanier's coaching staff.
- Please keep any siblings seated with you and off the gymnastics floor and equipment.
- Parents are only allowed on the floor if they are participating in the Parent and Tot class.
- Please note: You may be asked to remove your child from class if the child is being disruptive.

Student Drop off and Pick-up Policy

- Students are not allowed to be dropped off for class any earlier than ten minutes before class starts.
- Please be prompt in picking your child up after class. If you are going to be late, we ask that you call and let the office know. Children get alarmed when parents are not on time to pick them up.
- Students are not allowed to leave the building without adult supervision. Please do not park and then wait for your student to come outside as this is dangerous around moving cars in the parking lot.
- If you have a special request for who is allowed to pick up your child, you must inform the director on duty.

Food and Drink

Water, in a water bottle, is allowed on the gym floor while the student is participating in class. We do NOT allow any other liquids on the floor – this includes sports drinks – as they can damage our mats if they spill. Snacks are permitted in the chair area and in the cubby room – they are not permitted on the gym floor.

Front Desk Hours

Our front desk is staffed Mondays, Tuesdays, and Thursdays from 3:30pm-7:30pm and Saturdays from 9am-11:35am.

Closures

The gym will be closed for posted holidays and breaks throughout the year. Class fees for developmental and pre-school classes are not prorated for any closures (see make-up policy.)

Make Up Class Policy

You pay for 4 or 8 classes (in some cases 12 classes) each month. We believe it is important that our students attend their regular classes as much as possible.

- If a student must miss a class, they may attend another session within the same month.
- If a child misses a class, we allow **one makeup class** which may be done in **the next** month if they cannot make it up in the same month. We do not allow multiple makeup days to transfer to the next month.
- Makeup classes are only permitted if your account has a zero balance and your child is currently enrolled in a regular class.
- Missed classes cannot be transferred to future months in place of tuition.
- Please note: If you your child comes on a regular day, occasionally there will be 5 of that day in the month and we do not charge extra for the extra day, however, if they miss that fifth day there is NOT a makeup class for that day if they have already come 4 days that month.

Holiday and Breaks Make Up Class Policy

Some holidays/breaks will result in a makeup class, and some will not. This will depend on the number of classes available on the day of closure that month. Monthly tuition is based on a four-week month and the number of classes paid for that month. If your child regularly attends a day that the If there are five weeks there will not be a makeup class offered and if there are four weeks, we will offer a makeup class. For example, Memorial Day falls on a Monday, if there are 5 Mondays in that month, we will not offer a makeup class because there are still 4 Mondays available for class, if there are only 4 Mondays in that month, we will offer a makeup class because there are only 3 Mondays available for class in that month.

Bad Weather Policy

In case of bad weather, Lanier's may close to ensure the safety of our students and employees. Normally, if the local schools close for bad weather, the gym will as well. This will be announced on our website, Facebook, and Instagram pages.

Liability waiver/Photography Release

All students must have a liability waiver signed by their legal parent/guardian. If there is not a waiver on file, the student will not be allowed to participate in class. The liability waiver also includes a photography release statement. Please see the last page of this handbook for a copy of the liability form. If you have any questions, please do not hesitate to ask.

Safety

Only enrolled students are allowed on the gymnastics equipment, and this must be during their class time only. Children not enrolled at Lanier's must always stay with their parent or guardian.

Health

If your child is sick enough to miss school, please keep them home from Lanier's.

Service Animals

Only registered service animals are allowed in the Lanier's facilities.

Lost/Stolen Items

Lanier's Gymnastics is not responsible for lost or stolen items inside or outside the gym. Please keep your belongings close by you. We do have a lost and found table in the front room.

Questions/Concerns

If you have any questions or concerns, please speak with the owner, Cindy Wallace. You can ask to speak to Cindy, or you can call her at (228)365-5442 or email her at: wcindywallace@aol.com.

For More Information

We have a website (laniersgymnastics.com) as well as Facebook (Lanier's Gymnastics) and Instagram (laniersgymnastics) pages. We post updates on those, so check them frequently for info!

CLASS TIMES AND MONTHLY PRICES

Monthly tuition is due, on the first class of each month.

Please note: WE DO NOT AUTO-DRAFT

GIRLS DEVELOPMENTAL GYMNASTICS: AGES 5 AND OLDER

This class focuses on basic gymnastics skills on bars, beam, floor, and vault.

The girls start in one big group to stretch and then break into groups by age in each class.

MONDAY, TUESDAY, THURSDAY: **3:45** – 4:50, **5:00** – 6:05, **6:15** – 7:20

SATURDAY: **9:15** – 10:20, **10:30** – 11:35

4 CLASSES (*APPROXIMATELY ONE CLASS A WEEK*) - $80 PER MONTH

8 CLASSES (*APPROXIMATELY TWO CLASSES A WEEK*) - $130 PER MONTH

BOYS DEVELOPMENTAL GYMNASTICS: AGES 5 AND OLDER

This class focuses on basic gymnastics skills on bars, beam, floor, and vault.

TUESDAY, THURSDAY: **3:45** – 4:50, **5:00** – 6:05

4 CLASSES (*APPROXIMATELY ONE CLASS A WEEK*) - $80 PER MONTH

8 CLASSES (*APPROXIMATELY TWO CLASSES A WEEK*) - $130 PER MONTH

PRESCHOOL (GIRLS AND BOYS) – AGES 3 & 4

(3-year-olds may do Parent/Tot or Preschool classes)

MONDAY **3:45** – 4:45, **4:50** – 5:50

SATURDAY **9:15** – 10:15, **10:30** – 11:30

4 CLASSES (*APPROXIMATELY ONE CLASS A WEEK*) - $80 PER MONTH

8 CLASSES (*APPROXIMATELY TWO CLASSES A WEEK*) - $130 PER MONTH

PARENT AND TOT - AGES 18 MONTHS to 3 YEARS OLD *(3-year-olds may do Parent/Tot or Preschool classes)*

SATURDAY **9:00** – 9:45

4 CLASSES - $60 PER MONTH **or DROP-INS** - $15 PER TIME

TUMBLING CLASS: Ages 7 and older ***This class is geared towards developing beginning tumbling skills and shapes on the floor.***

PLEASE NOTE: This class is just for 7 and older because of the tumbling skills.

If your child wants to do gymnastics (bars, beam, floor and vault) please look at our developmental gymnastic classes.

TUESDAY: **6:15** – 7:15

4 CLASSES - $80 PER MONTH **or DROP-INS** - $25 PER TIME

ANNUAL MEMBERSHIP FEE and SIBLING DISCOUNT

Membership - ONE STUDENT - $30, TWO STUDENTS (siblings) - $50, THREE + IN A FAMILY $60

Every student pays an annual membership fee – this is renewed yearly, if still attending classes, and is necessary for insurance purposes.

Discount - Siblings participating in classes in the same month will receive $5 off tuition per child.

We accept cash, check, and debit or credit cards.

Please note that debit and credit card transactions incur a 3.5% processing fee.

LANIER'S GYMNASTICS ~ RELEASE OF LIABILITY – **COPY**

16101 Landon Road, Gulfport, MS 39503 (228)-832-9442 www.laniersgymnastics.com

In consideration of participating in Lanier's gymnastics' classes and programs, I, _____ (parent/guardian, if participant is a minor) have been informed by Lanier's Gymnastics of the classes and programs offered by Lanier's Gymnastics, and I understand the nature of the classes and programs offered by Lanier's Gymnastics. I, _____ desire to participate in the classes and programs offered by Lanier's gymnastics, or, if the participant is a minor, I, _____ hereby consent as the parent or legal guardian of _____(child(ren)) to his/her participating in the classes and programs offered by Lanier's Gymnastics. I warrant that I and/or my child(ren) are qualified, in good health, and in proper physical condition to participate in Lanier's Gymnastics' classes and programs. I am fully aware, understand, and have been informed by Lanier's Gymnastics that the classes and programs at Lanier's Gymnastics carry a risk of physical injury. I am fully aware, understand and appreciate the risks of participating in the classes and programs offered by Lanier's Gymnastics, including but not limited to the risk of injury, paralysis, and death,

I hereby, for myself, my child(ren), my heirs and executors, release Cindy Wallace, Lanier's Gymnastics, their affiliates, managers, members, agents, attorneys, staff, employees, volunteers, heirs, representatives, predecessors, successors, and/or assigns from any and all liability for any injuries or damages I or my child(ren) may sustain as a result of, or arising out of, my and/or my child(dren)'s participation in Lanier's Gymnastics' classes and programs including, but not limited to, any injuries or damages resulting from or arising out of any negligence by Cindy Wallace, Lanier's Gymnastics, their affiliates, managers, members, agents, attorneys, staff, employees, volunteers, heirs, representatives, predecessors, successors, and/or assigns, and/or any participant in Lanier's Gymnastics' classes and programs.

I, and/or my child(ren) with my consent, are voluntarily participating in Lanier's Gymnastics' classes and programs, and I, and/or my child(ren) with my consent, are participating in the activity entirely at my and/or my child(ren)'s own risk. In the event that I and/or my child(ren) should need medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am aware that by being at or around Lanier's Gymnastics' facilities, there is a chance that a picture or a video may be taken of me and/or my child(ren); whether this is taken by Lanier's Gymnastics, a fellow participant, newspaper, magazine or news station. I agree that these pictures/videos may be used for promotional purposes to gain revenue, or for advertisement on social media, television or print of any sort. It is understood that neither myself nor my child(ren) will gain any monetary compensation for the use of those pictures and/or videos.

I hereby warrant I have read and understand, as well as discussed with my child(ren), the handbook of rules and policies for Lanier's Gymnastics. I agree to adhere to these policies, or be removed from the facilities.

I hereby warrant that I am 18 years of age or older, that I have read this release of liability in its entirety prior to executing this release of liability, and that I fully understand this release of liability and understand its content. I further understand that this release of liability cannot be modified orally. I hereby also warrant that I am signing this release of liability of my own free will. If I am signing this release of liability as the legal parent or guardian of a minor participant, I warrant that I am the legal parent/guardian of the participant.