



# RULES & POLICIES

- It is expected that all students will arrive on time and be ready for the instructional session. It is expected that all students properly warm up and stretch before participating in any Cheergyms.com activity. After 10 minutes classes are closed.
- It is expected that all students will listen carefully to instructions and not talk during instructional sessions. It is very important that each student understands all instructions so to complete each skill in a safe manner.
- All students are expected to dress properly for class. No jewelry. Overly baggy clothing or overly suggestive clothing is not allowed. The best attire is something that is easy to move in. Cheer or dance shoes are required. Hair must be pulled away from the face. No metal or plastic barrettes are allowed. Nails must be kept short.
- Students will not use profanity while participating in an instructional session.
- Students will not tumble, stunt or do any activity without a qualified Cheergyms.com employee in the area watching the skill being performed.
- It is expected that if parents are allowed to watch they will not make comments, suggestions or any kind of noise that would disrupt the training session.
- All students must have a Cheergyms.com Cheerleader Application, Cheergyms.com Medical Information Form and a Cheergyms.com Liability Release Agreement with them at all times while participating in any Cheergyms.com activity.
- The advisor/coach of the hosting organization must remain in the training area during all instructional sessions. They will be the first contact in case of an injury or any other mishap, disruption or disciplinary matter.
- Smoking, the use of drugs, bringing any contraband, use of illegal weapons, etc. is against the law and the rules of Cheergyms.com and will mean immediate dismissal from the instructional sessions without a refund.
- Make checks payable to Cheergyms.com. Please write students name, gym name, payment description & month in memo section of the check.
- We also accept Master Card or Visa.
- A \$35 fee will be charged on all returned checks and declined credit cards.
- Yearly enrollment fee covers insurance and enrollment processing. This will become due again one year from the initial enrollment date.
- If the student is under 18 years, a parent **MUST** accompany them on the first day to complete the enrollment process.
- All fees are due upon signing up for each session. There will be no class participation without payment.
- Each class will have a maximum enrollment of 10 participants per instructor or what is safe for each particular class. Early sign ups are encouraged because space is limited. New sessions begin each month and no spot is saved from month to month.
- There are no make up classes due to absences unless specified by specific gym.
- Food and drinks not allowed on any performing surfaces and gym equipment. Gum is not allowed anywhere in the facility.
- Spectators of any kind are not allowed on the dance or the gym floor, but are welcome to sit in the lobby or view from a specified area in the gym.
- Students must place all belongings in the areas provided in the gym. Cheergyms.com or any of its facilities, employees or staff are not responsible for lost or stolen items. All unclaimed items will be given to charity.
- Please help us keep the gym, lobby and all areas clean. Throw away all garbage and take all belongings with you.
- All accidents and injuries must be reported immediately to a Cheergyms.com employee so the proper action can be taken and appropriate forms filled out.
- It is expected that all students and their parents & friends will act with complete respect to the instructors and the other students in the class. It is expected that all students will behave like young adults and have complete respect for the instructional staff and support staff. Any behavior that is rude or disruptive will not be tolerated.
- Safety is our primary concern. Dangerous maneuvers, actions and stunts will not be tolerated. No stunting, jumping or tumbling is allowed without an instructor present.

## **HOW TO BOOK A PRIVATE!**

(Book for the next month on the 3<sup>rd</sup> Monday of each month)

1. Call 408-451-9037 for Motions Cheer Gym in San Jose or 925-685-3910 for Pyramids Cheer Gym in Concord.
2. Have your calendar ready and a pen in your hand.
3. Give the desk person a day (Mon, Tue, Wed, etc.) and then the corresponding date that will work for you. The desk person will try her best to get you on the day and with the instructor of your choice.
  - A. You can only book one private per week on your first call. This is to assure that as many kids get a chance to get the privates they need.
  - B. You can call the next Monday to book as many privates as you want.
  - C. You can only book for your child. Please don't ask to book for someone else's children.
4. Write down the day, date, time and instructor name on your calendar. Also right down the cost of the private (This will come in handy later if you need to switch privates with another instructor who has a different price than your current instructor.)
5. Add up the costs of the privates to get your total (The desk person will do this also). You must pay for your privates ahead of time or you will not be permanently scheduled in the private book.
6. You can cancel privates, but must do so 24 hours before the private is suppose to happen. If you cancel under the 24 hour mark, you will be charged for the private.
7. Re-book your private with the same instructor if possible. If you can't, there may be an extra charge if the new instructor has a different price scale for his/her privates.

**Classes and privates are available for booking on the 3<sup>rd</sup> Monday of the prior month!**

**Call 408-451-9037 Motions Cheer Gym (San Jose) or 925-685-3910 Pyramids Cheer Gym (Concord)**