

PARKING: Between 8 am and 5 pm, Monday thru Friday you must park in a stall marked “SGA” If you park in any other place in the Business Center Lot you run the risk of being towed at your expense. If an “SGA” stall is not available you will need to park along Shilshole Ave or up in the neighborhood side streets.

REGISTRATION and PAYMENT PROCEDURES: Rates and registration procedures are published each session in the Registration Brochure. You may arrange for automatic re-enrollment and automatic payment. Ask the front desk for further information.

MAKE-UPS: SGA does not guarantee that you can make up missed classes. Each session a make-up schedule is published during the second or third week of the session. Makeups may only be scheduled in these classes. It is possible that no makeups will be available during any given session. Each gymnast may make up only 2 missed classes. Missed classes must be made up in the session in which they are missed (makeups do not carry over to the next session) See SGA-SB Makeup Flyer for further information.

REFUNDS: SGA does not offer credits or refunds once enrolled, even if the request is made before the session begins. The gym commits the training slot to you and pays the instructors as well as other operating expenses even if you don’t come. If you are new to SGA you are welcome to tryout a class before enrolling. However, SGA will not guarantee a tryout spot in a class.

TIMELINESS: Classes start on time because the instructor needs all the time available to complete lesson plans. If you arrive less than five minutes late, join right in. Students who are more than five minutes late may also join in, but they have already missed a significant amount of the pad drill and will need to complete their stretching during the first event. The pad drill is designed to get the body ready for heavy work. For your child’s safety, it should not be missed.

MEDICAL COVERAGE: SGA self-insures its own medical coverage. We pay the same way insurance pays. SGA will cover that portion of the cost, which your primary insurance does not cover, up to a limit of \$10,000 per incident. Our risk is covered by a reserve from a portion of your registration fee. Gymnasts attending classes must provide proof of insurance in order to participate. For more information or claims, contact the Seattle office (206) 362-7447.

WARNING --- DANGER: *IT IS IMPOSSIBLE* to completely eliminate the danger in gymnastics with padding, mats, spotting, coaching, or supervision. Although we have never had a catastrophic injury and the nationwide incidence of catastrophic injury in gymnastics is small, a gymnast could be seriously injured while participating in gymnastics.

Gymnastics is inherently dangerous because the gymnast is constantly subject to the force of gravity while maneuvering in the air and on the ground. The moving body may contact other objects that don’t move, creating the risk of injury. The gymnast can be injured and the injury can be extremely serious: broken bones or damage to internal organs. These injuries can be extremely painful. Total paralysis and/or death can result from landing improperly on the head, neck, or back.

At SGA, we deal with this danger by:

- Following a tested, proven curriculum
- Testing and training our instructors and master staff
- Providing appropriate equipment and mats
- Maintaining a small student-instructor ratio
- Requiring students to be supervised at all times

We at SGA promise that we will take good care of your child, using the safest techniques known.