

**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 third or fourth 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).

**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 try out a class before enrolling. However, SGA will not guarantee a try out spot in a class. Please contact the front desk to schedule a try out at 206-362-7447.

**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.

**WARNING --- DANGER:** *IT IS IMPOSSIBLE* to completely eliminate the danger in gymnastics with padding, mats, spotting, coaching, or supervision. Although unlikely, 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.