

# WINTER GYMNASTICS SESSION 2022-23

Updated 8/31/22

Fall classes will be held in the **High School Gym balconies**. All classes are for boys(5yrs+) and girls(4yrs+). Beginner classes meet once a week; 4th through 8th-grade advanced classes meet twice a week. The most advanced "Special Class" meets two times a week, totaling 4 hours. The Special Class is for the gymnast who is working on competition skills. **Please register in advance so we can hire enough teachers for your gymnasts.** Please no refunds after the first class!!! We do not confirm registrations-simply come to the first class. Classes are held in the wrestling room and north gym balconies, enter through North Gym Entrance.

**PLEASE PRE-REGISTER!! PLEASE PRE-REGISTER!! PLEASE PRE-REGISTER!!**

## Monday Classes and Times (7 Classes)

**Dates for all Monday gymnasts**  
Nov 14, Dec. 5, 12, 19, Jan 9, Feb. 6, 20

<b>5:30-6:30</b>	<b>6:30-7:30</b>
Preschool(4yrs)	4th-5th Gr. Beginner
K-1 Beg.	4th-5th Advanced-Meets M & W
2-3 Beg.	6th-8th Beginner
2-3 Adv.	6th-8th Advanced -Meets M & W



## Wednesday Classes and Times (7 Classes)

**Dates for all Wednesday gymnasts**  
Nov 16, Dec. 7, 14, 21, Jan 11, Feb. 8, 22

<b>5:30-6:30</b>	<b>6:30-7:30</b>
Preschool(4yrs)	4th-5th Gr. Beginner
K-1 Beg.	4th-5th Advanced-Meets M & W
2-3 Beg.	6th-8th Beginner
2-3 Adv.	6th-8th Advanced -Meets M & W

**\*\*\*If school is canceled due to weather, gymnastics classes will also be canceled with no possibility of make-up.**  
<http://mukgymnkidsclub.pbworks.com> for canceled class information

**\*\*\*\*Please follow the schedule as listed above. Mark your calendars.**

**SPECIAL CLASS**---Meets on all of the above dates for two hours each day. Monday and Wednesday from **6:30-8:30**. Gymnasts enrolled in the "Special" class are working on more advanced skills and are interested in future competition. Skills they should be able to do are front and back walkovers, **back handsprings on the floor**, kips on bars, handsprings on vault, and cartwheels on beam.

**!!! PLEASE PRE-REGISTER !!!!! PLEASE PRE-REGISTER !!! \$10 Late fee**

Please clip and mail this bottom portion: Make checks to MARGIE CANFIELD, 605 W. Veterans Way, Mukwonago, WI 53149 [canfima@masd.k12.wi.us](mailto:canfima@masd.k12.wi.us) Gymnastics as the subject line ☺

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Phone: \_\_\_\_\_  
Class: \_\_\_\_\_ Day(s): M / W Enclosed\$: \_\_\_\_\_  
Beginner once a week class=\$60.00. Advanced twice a week: \$105.00. Special class \$160.00

**Please fill out form completely!!**

Medical Issues: \_\_\_\_\_ E-mail: \_\_\_\_\_

Insurance Company/Policy Number: \_\_\_\_\_

Questions: [canfima@masd.k12.wi.us](mailto:canfima@masd.k12.wi.us) "Gymnastics" in the subject line.

**By signing below, I understand that injury may occur while participating in these classes and will not hold Mukwonago Gymnastics/Margie Canfield/Mukwonago School District and or its instructors liable for any cost that may occur due to unfortunate injuries. I have read and understand the safety plan/agreement.**

Parent Signature: \_\_\_\_\_

**If form/fee is received within 7 days of first-class add a \$10.00 late fee.**

Winter 2022-23

**Mukwonago Kids Club Gymnastics Safety Plan/Agreement 2020-2021**  
THESE HAVE BEEN MODIFIED DEPENDING ON MASD CIRCUMSTANCES.

**Parents/guardians** of any participant in the Mukwonago Kids Club Gymnastics Recreation program will have agreed to:

1. Check their child's temperature at home before attending class. If their temperature is above 100.4 they are NOT to attend classes.
2. Ensure if their child has had \*symptoms(see below) do not return to practice until:
  - a. They are free of fever (less than 100.4) AND respiratory symptoms for at least 3 days (72 hours) without the use of fever-reducing medicine AND 10 days have passed.
  - b. If they have had these symptoms they may be required to have a written medical clearance to return to classes/practices.
- ~~3. Sign in (attendance) upon arrival (athletic foyer) themselves and their child. **Please only one adult (or less) per child(with a mask)-no extra siblings, please**~~
- ~~4. Ensure that their child supplies their own mask to wear during class, entering and leaving the building (possible modifications if there is a risk involved when wearing it).~~
5. Supply their child with their own water bottle. NOT to be shared.
6. Encourage their child to bring their own hand sanitizer-some will be on-premises.
7. Participants should come in their workout gear and not congregate in the bathroom/locker/stairwell area/room to change.

**Older Gymnasts in Special Class will also:**

- ~~8. Students will not share grips, braces, wristbands, tape, etc.~~
- ~~9. Students needing the use of chalk will use chalk from their own Tupperware-type container, to be stored in their own gym bag.~~
10. Gymnasts needing water on their grips are required to bring their own spray bottle to be kept in their gym bag.
11. All items in a students/gymnasts bag will be disinfected between classes.
12. Gymnasts are NOT allowed to spit on their grips.

**Coaches/teachers** will also adhere to the above guidelines as well as work to maintain social distancing within their own group and from other groups where possible and reasonable for their safety.

1. Coaches will be supplied with sanitizer for use between each station/rotation for the students use for their hands and feet, if the gymnast does not have their own.
2. Mats ~~will~~ may be wiped down between classes.
3. Coaches will warm-up/stretch their own group in an area designated by their coach, ~~no big group warm-up.~~
4. Maintain social distancing when possible. Marking waiting spots on the floor at each station and moving from station to station.

**General Safety Precautions:**

1. Use drills that can be done alone without the use of a partner and/or coach, if able..
2. Maintain the same partner if the drills/conditioning cannot be done solo.
3. Leave gym bags spread out throughout the gym so as to not have gymnasts gathering in one location.
4. Parents/guardians are required to wear masks at all times.

\*Stay home if you have one of these symptoms:

- |  |  |                         |
|--|--|-------------------------|
| ● Cough (new or worsening)   | ● Chills                                   | ● Shivering             |
| ● Temperature =>100.4 (oral/tympanic (ear)/temporal (forehead) or 99 axillary) | ● Headache                                 | ● Sore throat           |
| ● Diarrhea   | ● Muscle pain/aches (not from working out) | ● Runny nose/congestion |
| ● Vomiting   | ● Nausea                                   | ● Unusual fatigue       |
|  | ● New loss of taste or smell               |                         |

**I will not hold Mukwonago Gymnastics Kids Club or Mukwonago Area Schools liable if my child is exposed to Covid 19/other communicable diseases on their premises.**