



Riegel Ridge Community Center
 910 Milford-Warren Glen Rd.
 Milford, NJ 08848
 908-995-9260 Milford, NJ 08848

RRCC Gymnastics – Spring 2022 (April & May)
 (There will be no Gymnastics Saturday & Monday of Memorial Day Weekend)

DAY	TIME	CLASS	COST (\$12 PER CLASS)	✓ SELECTED CLASS
Monday	4:00 – 4:30 PM	TINY TOTS	8 CLASSES = \$72	
Monday	4:30 – 5:00 PM	TINY TOTS	8 CLASSES = \$72	
Monday	5:00 – 5:50 PM	TUMBLING 101	8 CLASSES = \$96	
Monday	6:00 – 6:50 PM	BACK HANDSPRING/TUCK CLASS	8 CLASSES = \$96	
Tuesday	6:00 – 6:50 PM	TUMBLING 101	9 CLASSES = \$108	
Tuesday	7:00 – 7:50 PM	LEVEL 1	9 CLASSES = \$108	
Tuesday	8:00 – 8:50 PM	LEVEL 2	9 CLASSES = \$108	
Saturday	9:00 – 9:50 AM	TUMBLING 101	8 CLASSES = \$96	
Saturday	10:00 – 10:50 AM	LEVEL 1	8 CLASSES = \$96	
Saturday	11:00 – 11:50 AM	LEVEL 2	8 CLASSES = \$96	
Saturday	12:00 – 12:50 PM	BACK HANDSPRING/TUCK CLASS	8 CLASSES = \$96	

Child First Name: _____ Child Last Name: _____

Casual Name: _____ Date of Birth: ____/____/____ Gender: Male ___ Female ___

Age: _____ Grade: _____

Parent/Guardian Name: _____ Parent Date of Birth: ____/____/____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Other: _____

Primary E-mail (Required-This is our primary source of communication - used for RRCC communication only)

Emergency Contact & Phone # for the Participant:

Name: _____ Phone Number: _____

By initialing each line and providing a signature you agree to the following statements.

_____ RRCC requests a credit card to be added to your e-wallet account so we may charge you seasonally for the classes that your child participates in. You are still able to pay via check or cash. If you do not provide payment on the first day of class your credit card will be charged. **Please note that we will not charge your card without authorization from you.**

_____ In consideration of your accepting my entry or my child's entry, I hereby for myself, my child, my heirs, executors and administrator's waiver and release any and all rights and claims for damages I or my child may have against the Township of Holland, Holland Township Parks & Recreation Department, its officials and employees, and volunteers for any injuries suffered by myself or my child at any activity sponsored by these groups. I understand that **refunds are not offered for any reason** other than a medical condition and a doctor's note will be required.

_____ I have read, and agree to, the stated gymnastics dress code policy.

Parent/Guardian Signature: _____ **Date:** _____



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***Please note...this is not an ongoing registration. Registration is required for each season of classes.**

CLASS DESCRIPTIONS

Tiny Tots (ages 3-5 yrs.) 30-minute class

No experience necessary.

Focus: Kids learn movement, fine motor skills, tumbling and gymnastics elements in our progressive-based classes.

TUMBLING 101 (Recommended ages 5-6 yrs.) 50-minute class

No experience necessary.

Focus: hand placement for all tumbling, forward rolls, cartwheel, round-off, bridge, back walk-over, strength & flexibility, drills, conditioning.

LEVEL 1 (Recommended ages 6-7 yrs.) 50-minute class

Requirement ~ Hand placement, forward roll, strong cartwheel.

Focus: Round-Off, handstand snap-down, back walkover, back & front handspring drills, bridge, beginning techniques of back handspring, strength, flexibility, drills, conditioning.

LEVEL 2 (recommended ages 7 and older) 50-minute class

Requirement ~ Solid back walk-over, solid round-off, handstand snap-down.

Focus: Standing back handspring, round-off back handspring, back walkover.

Back Handspring/Tuck Class (recommended ages 8 and older) 50-minute class

Requirement ~ Solid back bend kick-over, solid round-off, handstand snap-down.

Focus: Standing back handspring, round-off back handspring, back walkover, techniques of front handspring, strength, flexibility, drills, conditioning.

Please see next page

M Drive, Programs, Gymnastics, Registration Form



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Gymnastics Dress Code

1. No jewelry please
2. Hair must be tied back
3. Bare clean hands and feet
4. Clothing must allow your child to stretch and bend comfortably
5. Leotards are preferable but not required for girls
6. Midriff should be covered at all times
7. If your child is wearing shorts, please be mindful of modesty
8. Clothing should not be too baggy that it poses a trip hazard
9. Boys should wear a t-shirt and shorts/sweats with no buttons, zippers or snaps

In the case we feel your child's attire is inappropriate we will contact you privately