

**Mid-Coast Gymnastic Studio Plus Philosophy and Mission:** To provide a positive environment to aid in the physical, mental, and social development of our students through the training/instruction of gymnastics, dance, martial arts, and cheerleading. Contributing to the well-being of the community by offering physical fitness and an overall concept of the importance of a healthy and active lifestyle, is of great value in fulfilling our promise.

**General Studio Rules:**

- ★ The gym will open 15 minutes prior to the scheduled class time.
- ★ Prompt arrival to class is a courtesy to the instructor and a safety plus for the student.
- ★ Parents must accompany children until class begins.
- ★ All parents and children are to remain in the lobby area while waiting.
- ★ No food is allowed in the gym.
- ★ All students must wait inside the lobby for their rides.
- ★ Mid-Coast is not responsible for any lost or stolen items. Please leave valuables at home.

**Payment Policy:** Tuition is due two weeks prior to the start of each session to ensure spots in class. A \$5.00 late fee will be charged/month. \$35.00/Returned Check Fee for all returned checks. 25 percent maximum refund. Registration Fee non-refundable. Doctor's Note(unable to physically participant): 100 percent refund.

**Dress Code:**

- ❖ All students must dress appropriately for class!
- ❖ Leotard, footless tights or bare feet and legs.
- ❖ Shorts and T-Shirt(Elastic Waist)
- ❖ Hair pulled back with elastic band(No balls or hard devices such as clips or large decorations).
- ❖ No metal fittings should be on clothes(zippers, buttons, snaps, etc...).
- ❖ Clothing that is too loose or too tight should be avoided.
- ❖ No jewelry!
- ❖ All dance students must wear pink leather ballet slippers for ballet, and split sole black jazz shoes, tan tap shoes. Black, pink, or white leotard(bodysuit) with optional skirts and pants.

**Recreational Class Tuition Discounts:**

Only 1 discount applies! 1) 3 or more students in a family: 15% off cheapest class. 2) Pay for Session I-IV in September: 10% Discount off year!! 3) One student takes 2 classes/week: 10% off 2nd class.

**Make-up Policy:**

- ⦿ 2 Make-up Classes per 9 week session are allowed.
- ⦿ Make-ups must be scheduled during Saturday Open Gym time.
- ⦿ All Make-ups should be made within 30 days of absence unless unable to due to illness or injury.
- ⦿ Children ages 18months- 4 years old must be accompanied by an adult at Open Gym.

**Staff Qualifications:** Mid-Coast has been in business for sixteen years. Director and owner, Kim Wickham had over 39 years of experience competing, instructing, coaching, and administrating gymnastics, dance, and aerobics and certified in PDP Level I & II, USAG Pro and Safety, and Kinder Accredited. Staff qualifications include: PDP Level I certifications, USA Gymnastics Professional Memberships and Safety Certifications as well as personal experience and/or degrees in their related fields.USASF Cheerleading Certified.

**Directions:** Take Route 113 to Selbyville. 15 Duke Street- Turn onto Hoosier Street(next to Uncle Willies BP Station). Continue past Mountaire and the DE School of the Arts. Gym is yellow building on the right. **Route 54 or 17 to Selbyville:** Take a right, go though the light and take first left(Duke Street). 11 **Mason Drive(Industrial Park Location):** Take Route 113 to Selbyville. **From south-**turn right into the Industrial Park directly across from 84 Lumber, 4th building in. **From North-** turn left into Industrial Park.(302)436-6007

