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Dear STARS Tumblers and Parents,

Thank you for choosing to be a part of the STARS family and enrolling in our tumbling program. We are excited to have your child attend our classes, where he/she will not only learn the art of tumbling, but will also grow emotionally, physically, and socially. I have taught for over 17 years in 11 different locations. I was able to start STARS Tumbling over 5 years ago and teach the classes at King's Fitness in Halifax, PA. I have obtained a bachelor's degree in Elementary/Special Education with a minor in coaching. In addition, I have a Master's degree in Special Education. I feel so blessed that I am able to fill my days teaching tumbling and working with the kids, which doesn't feel like work at all. This also allows me to spend more time with my son and has enabled me to be a bigger part of those precious, but all too fast, first 5 years.

### **How the program works**

We have children ranging from 20 months old to seniors in high school who take part in the 15 different classes that we offer. The classes are typically grouped into a 5 or 6 week session. Once the Registration Form/Release Waiver has been filled out and the registration process has been completed, sign-ups for the session and class for your STAR can take place. Classes do reach the maximum number of STARS, so if you have a current spot in one of our classes, you are guaranteed to keep it as long as continuous enrollment is maintained. If you take a session off from tumbling, the spot will be open for someone else to take. When you are ready to start classes again, you may register when sign-ups are open to past STARS, but if the class is full you will be added to the waitlist. We follow the Halifax Area School District schedule for inclement weather cancellations. If there is a school delay, classes are still held at their scheduled time. If there is a cancellation or early dismissal, then classes are cancelled. When classes are cancelled due to holidays, illness, etc., I will try to schedule a make-up class to replace it, but if you are unable to attend you will be given a one-class credit toward your next session's tuition. In the rare event that I am unable to attend a class, Michelle Swab, Val Snyder, and Lacey Harvey, who are all STARS teachers, may substitute for me.

I get very excited when I see STARS learn new flips and tricks, as I'm sure you will want to see them too. When your child learns a milestone skill, someone will come into the lobby toward the end of the class and you will be invited to come into the tumbling room so you can see it. For safety reasons, you are allowed to watch your STAR's very **FIRST** tumbling class only. For subsequent classes, please feel free to wait in the lobby and relax during your hour break, or you may also take advantage of the workout privileges offered for non-gym members during your child's class for the session's duration.

STARS tuition is \$12 per class, but if you pay by the posted discount date (usually 2 weeks before the beginning of the session) you will receive 15% off! Tuition is due by the beginning of each session. Sorry, no refunds. There is a \$30 charge for all returned checks.

Clinics are typically offered once or twice a month. When the details about the clinics are posted, the sign-ups are done on a first come, first serve basis. The cost is \$20 for your first STAR and \$16 for each

additional sibling. You must cancel at least 24 hours in advance to avoid being billed. Payments are due on the date of the clinic.

Announcements are posted on the STARS bulletin board located in the lobby, so make sure you stay up-to-date by always checking it for new information. You can also visit StarsTumbling.com to see the latest announcements, schedules, and information. There you can sign up to our receive our periodic STARS e-mails, learn more about the Stars Tumbling Booster, sign up for e-mails from the Booster, and send us your comments and suggestions. Additionally, you can “like” us on Facebook to find out even more about what the STARS are learning.

### **Important dates**

We typically participate in at least one local Halloween parade in October. We will do an open house at the gym sometime in January and we have our Annual STARS Show during June. STARS need to wear their STARS apparel to participate in ALL events. This means that the STARS need to wear the black STARS shorts and STARS t-shirt (we have extras available for sale) and also make sure to have hair pulled back. However, there may be a specific STARS shirt that needs to be worn for the show, but those specific details will be made available closer to the performance. These extra activities add even more fun and excitement not only for your STAR, but also friends and family because they get the opportunity see the tumbling in action.

### **Rules**

These rules are in place because safety comes first, so please ALWAYS follow them.

- ★ Hair pulled back and secured.
- ★ Shoes belong in the cubbies that are located right outside the tumbling room.
- ★ Wear work out type clothes. NO JEANS, ZIPPERS, OR SPARKLES!
- ★ Go to the bathroom BEFORE class.
- ★ You are encouraged to bring a drink for your class, but they need to be in a spill-proof cup or in a bottle with a cap.
- ★ Arrive on time and wait in the lobby until class starts. Parents please do the same.
- ★ Practices are CLOSED to outside guests, friends, and family.

As the year goes on, please remember that tumbling is very hard and that kids may plateau or even regress for a short time. Just keep giving them praise; they will get back on track! My goal is to help build confidence and self-esteem, NOT to make Olympic gymnasts! Feel free to contact me if you have any questions. Thank you again for enrolling and welcome to STARS Tumbling, where everyone shines like the STARS that they are!

Sincerely,

*Noelle Miller*

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Owner and Head Teacher