


# Enrollment, Waiver and Medical Release Form

<b>GENERAL INFORMATION: Please complete fully and enclose payment for enrollment.</b>					
Parent's Names:				 49 Powers Road Westford, MA 01886 978.692.9907 www.onestopfun.com	
Mailing Address:					
Home Phone:		Work Phone:			
Cell Phone:		Email:			
Emergency Contact (other than parent):				Phone:	
Child's Doctor's Name:				Phone:	
Health Insurance Provider:				Phone:	
Name of Carpool Driver:				Phone:	
How did you hear about us?					
Child's Name	Date of Birth	Class/Program	Day/Time	Session(s)	Total Cost
				1 2 3 4	
				1 2 3 4	
				1 2 3 4	
				1 2 3 4	
Karate Belt Rank:				Annual Family Registration Fee: \$50	
Date of Payment:			Total Payment:		

Payment Type: MC Visa Cash Check	Credit Card #:	Exp Date:
Signature authorizing payment on Credit Card:		CCV:

## ENROLLMENT AND REFUND POLICIES

A \$50 non-refundable family membership fee for June 1, 2009 - May 31, 2010 for all programs must accompany this form along with class tuition in order to register. Registration fee is not deducted from the student tuition. All fees are due regardless of attendance. Returned check fee is \$30. All tuition costs are non-refundable. If additional classes are being offered, up to two make up classes for gymnastics can be made up during the current session on a space available basis. There are no makeups for missed makeups. Classes are non-transferable to other persons or succeeding sessions or other programs at One Stop Fun. There are no makeups for missed swim classes or camp days. Cancelled swim classes due to weather will be made up on Fridays, weather and schedule permitting. Outstanding balances may result in your child losing his or her assigned space in our program. In case of serious injury in or outside of the gym, a credit will be applied to your account for missed classes, from the date we were notified of the injury in writing. A doctor's note is required. The credit can only be used for the next consecutive session and is non-transferable.

## RELEASE AND WAIVER

In consideration of participating in any activity at OSF LLC, One Stop Fun and Nashoba Gymnastics Academy, including without limitation, birthday parties, indoor playground, rock wall, moonwalks, trampolines, camps, open gyms, gymnastics, dance, karate, yoga and swimming, I, the child(ren)'s parent and/or legal guardian represent that I understand the nature of the activities and that I am and the above named child(ren) are qualified, in good health, and in proper physical condition to participate in such activities. I acknowledge that if I believe any conditions are unsafe, I will immediately discontinue participation in such activities. I fully understand that the activities involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own or the above named child(ren)'s actions, inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "Releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my or the above named child(ren)'s participation in the activities. I hereby release, discharge, and covenant not to sue One Stop Fun, Nahoba Gymnastics Academy, OSF LLC, and/or OSF Realty LLC, their respective administrators, directors, agents, officers, managers, members, volunteers, and employees, other participants (the "Releasees") from all liability, claims, demands, losses, or damages, on my account or the child(ren)'s account caused or alleged to be caused in whole or in part by the negligence or the Releasees or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk I, the child(ren) or anyone on my or the child(ren)'s behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim, including without limitation litigation expenses and attorneys' fees. I release permission for use of my child(ren)'s picture for promotional material including brochures, advertisements, or One Stop Fun website. Names are not used in any promotional material. I have read this Release and Waiver and understand that I have given up substantial rights by signing it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

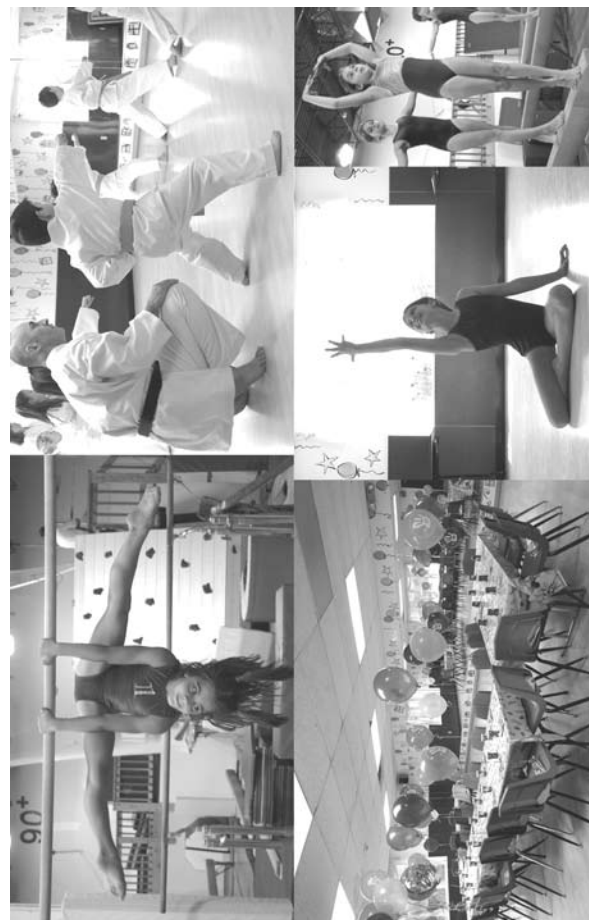
Please list any current or previous accidents, illnesses or physical limitations that would stop or prevent your child from participating in any of the above referenced programs; otherwise, please state "NONE". Any information you provide will help us to better teach your child. For example, hearing problems, ADD, delayed motor skills, prior injuries, tends to pronate, etc. Please let us know of any updates throughout the year.

- 1) Allergies: \_\_\_\_\_
- 2) Medications: \_\_\_\_\_
- 3) Physical Limitations or situations: \_\_\_\_\_

Read and agreed to by: (Parent/Guardian) \_\_\_\_\_ Date: \_\_\_\_\_



Class Schedule  
2009-2010



Gymnastics • Karate • Dance • Yoga • Birthday Parties  
School Vacation Programs • Play Dates

**NASHOBA GYMNASTICS ACADEMY**

7 State Champions

2 Regional Event Champions

49 Powers Road, Westford, MA 01886

www.onestopfun.com

onestopfun@charter.net

978.692.9907

7 State Champions and 2 Regional Event Champions  
Check out [www.onestopfun.com](http://www.onestopfun.com) for Specials and Additional Classes

**NASHOBA GYMNASTICS ACADEMY**

49 Powers Road  
Westford, MA 01886  
Gymnastics  
Birthday Parties  
Dance  
Yoga  
Karate  
Indoor Playground  
School Vacation Programs  
Play Dates



# Class Schedule

2009-2010



49 Powers Road  
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All "Gym" classes are recreational gymnastics classes, including Parent/Tot, Preschool and Kinderkids. Age group is after "Gym"						
6:30		Kripalu Yoga - 60				
9:00	Connection (3 hours) Gym 3.5-4	Kripalu Yoga - 60 Gym 3.5-4 Gym 4-5	Connection (3 hours) Gym 4-5	Kripalu Yoga - 75 Gym 3.5-4 Gym Boys 4-5	Gym 4-5	Gym 4-5 Gym 3.5-4
9:15	Gym 1-2.5 Gym 2.5-3.5	Gym 1-2.5	Gym 2.5-3.5	Gym 1-2.5	Gym 1-2.5 Gym 2.5-3.5	Ballet/Tap/Jazz 3-5 Gym 1-2.5 Gym 2.5-3.5
10:00	Combo 4-6 Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym Boys 4-5	Combo 3-4 Gym HS Under 6 Gym HS Girls 8+ Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Gym 1-2.5 Gym 2.5-3.5 Gym 4-5	Ballet Beginner 6-9 Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B) Gym Girls 6-8 (I)
11:00	Ballet/Tap 3-5 Gym 1-2.5 Gym 3.5-4 Gym 4-5	Karate Kids Gym 2.5-3 Gym 3.5-4 Gym 4-5	Tap/Ballet 3-5 Gym HS Boys 8+ Gym HS Co-ed 6+ Gym 3.5-4	Adult Karate Gym 1-2.5 Gym 3.5-4 Gym 4-5	Gym 1-2.5 Gym 2.5-3.5 Gym 3.5-4	Ballet Adv Beg 6-9 Gym 3.5-4 Gym 4-5 Gym Girls 6-8 (B) Gym Girls 6-8 (I)
12:00	Open Gym*	Open Gym*	Open Gym*	Open Gym*	Open Gym*	
12:30	Adult Zumba					
1:00	Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Hot Vinyasa Yoga - 90 Gym 1-2.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Combo 4-6 Karate Kids Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Birthday Parties Available all day Saturday and Sunday
2:00	Gym 1-2.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym 4-5	Gym 1-2.5 Gym 3.5-4 Gym 4-5	Gym 2.5-3.5 Gym 3.5-4 Gym 1-2.5	Gym 1-2.5 Gym 3.5-4 Gym 4-5	
3:30	Gym 4-5 Gym Girls 6-8 (B) Gym Girls 8+ (B) Kid Zumbatomic	Kids Yoga Gym 4-5 Tumbling 8+ (I) Gym Girls 6-8 (B)	Tap/Ballet/Jazz 3-5 Tumb 8+ (I) Gym Boys 6-8 Gym Boys 8+	Gym Girls 6-8 (B) Gym Girls 8+ (I) Gym Boys 4-5	Gym Girls 8+ (B) Girls 8+ (I)	
4:30	Kinderhop 5-6 Gym Girls 6-8 (I) Gym Girls 8+ (I) Gym Boys 6-8	Karate 5-7 Gym Girls 6-8 (B) Gym Girls 6-8 (I)	Dance Trio I Gym Girls 6-8 (B) Gym Girls 8+ (B)	Gym Girls 6-8 (B) Gym Girls 6-8 (I) Gym Girls 7+ (A)	Gym Girls 6-8 (B) Gym Boys 7+	
5:00			Gym Girls 7+ (A)	Karate 5-7		
5:30	Jazz/Hip Hop 7-9 Gym Girls 6-8 (B) Gym Girls 8+ (I)	Boys 8+ (I) Tumb 6+ (B) Karate 7-adult (90 min)	Dance Trio II Gym Girls 6-8 (I) Gym Girls 8+ (I)	Gym Boys 8+ Gym Girls 8+ (B) Tumbling 8+ (B)	Tumb 6+ (B)	
6:00				Karate 7-adult (90 min)		
6:30	Jazz/Hip Hop 10+ Tumb 8+ (I)	Tumb 8+ (I)	Tumbling (A) (60 min) Gym Boys 8+		Open Gym*	

\* Please call ahead to confirm that open gym is being held. Dates for Open Gym to be held on Friday nights will be announced.

## Family Membership

When enrolling, an annual family membership fee of \$50 applies. Membership benefits include: Reduced Gym Mania, Pool and special events rates, Gym Mania free for siblings during class, free access to wireless internet, free birthday cake at your One Stop Fun party (or up to \$18 credit towards birthday party extras), and 10% off ProShop purchases.

# Class Descriptions

## Our Philosophy

Nashoba Gymnastics Academy at One Stop Fun is committed to providing a quality gymnastics program. We teach gymnastics in a safe, progressive manner and always have fun! Physical fitness through gymnastics teaches your child coordination and provides the basics for a lifetime of activity. Gymnastics helps children develop a positive self-esteem, providing children with confidence and socialization. Most of all, we provide children with the joy of learning in a fun and safe environment.

## Parent/Tot (1-2.5 yrs and 2.5-3.5 yrs)

Parents and guardians play a large role in these co-ed classes for children that are able to walk. The classes focus on movement, development of gross motor skills, exploration, socialization, and learning basic gymnastics skills. In addition to physical development, each child will leave with a big smile and positive self-esteem. Class ratios are 10:1. 45 minute class. \$175/session.

## Preschool & Kinderkids Classes (3.5-4 yrs and 4-5 yrs)

We have a fun and progressive co-ed curriculum that teaches children motor skills that are easily transferable to more advanced gymnastics elements as well as other physical activities or sports. We encourage continuous activity and movement challenges. Each child will leave the gym telling you what they learned and looking forward to coming back next week. Class ratios are 6:1. 3.5-4 yrs class is 50 minutes and \$185/session. The 4-5 yrs class is 55 minutes and \$190/session.

## Gymnastics Classes (6-8 yrs and 8+ yrs)

Children learn basic fundamentals through more advanced skills in separate classes. These classes are not only for children that have progressed out of our preschool classes, but are also for beginners. Girls utilize vault, uneven bars, balance beam, floor exercise, trampoline and Tumble Trak. Boys utilize vault, high bar, floor exercise, rings, parallel bars, trampoline and Tumble Trak. Class benefits include great exercise, enhanced motor coordination for all sports, greater confidence and self-esteem and socialization with friends. Pricing below.

## Tumbling Classes (6+ yrs and 8+ yrs)

This program is designed for children who wish to focus only on the tumbling aspect of gymnastics utilizing the trampoline, Tumble Trak and floor.

## Gymnastics/tumbling classes are offered at three levels:

Beginner (B), Intermediate (I) and Advanced (A). Children starting out will be placed in a beginner class. After obtaining the basic skills, students can progress to an intermediate class. By invitation only or after scheduling an evaluation, girls can progress to an advanced class. Great for girls that are interested in advancing to our team program. Class ratios are 8:1. All beginner and intermediate classes are 60 minutes and cost \$195/session. Advanced classes are 90 minutes and cost \$250/session.

## Team Program - Nashoba Gymnastics Academy

Nashoba Gymnastics Academy is a member of U.S.A. Gymnastics, the governing body for gymnastics in the United States. Our girl's teams represent Nashoba Gymnastics Academy at the local, state, and regional levels. Back this year is our Rising Stars program. Participation in the team program is by invitation only. Please let us know if you would like your child evaluated. **2009-10 Season Produced 7 State Champions and 2 Regional Event Champions**

## Homeschoolers (HS)

A program designed specifically for children that are homeschooled. Please call for details.

## Dance (3-5 yrs and 6+ yrs)

Students ages three and older will enjoy our child oriented classes that combine dance skills with age appropriate instruction and techniques. We offer ballet, tap, and/or jazz/hip-hop. 45 minute class for ages 3-5, \$140/session. 60 minute class for ages 6+, \$160/session. Go to onestopfun.com for a complete list of classes and descriptions.

## Combo Classes (3-4 yrs and 5-6 yrs)

A fun way to learn both dancing and gymnastics. Children will spend 30 minutes in the dance studio and then move into the gym for 30 minutes of structured gymnastics. Children will be exposed to all gymnastics events as well as ballet, jazz and movement to music. A wonderful NEW program that teaches the fundamentals of dancing and gymnastics in a fun, supportive environment. The class is 60 minutes and \$195/session.

## Connection (3-6 yrs) (3 Hours)

In our 3 hour connection program, students participate in our regular classes such as gymnastics and dance, plus other fun activities like arts and crafts, story time, cooperative games, and snack time. 3 hours. \$295/session for one day per week, \$500/session for two days per week.

## Shotokan Karate (5 yrs - adult and karate kids)

Students practice kihon (basics), kata (forms), kumite (sparring), and various drills to improve fitness, speed, flexibility and agility. Go to onestopfun.com for more details on our karate programs. Karate is excellent for improving overall fitness, confidence, and focus. \$225/session for two classes per week (required for new students ages 8+ and all blue major belt or higher). \$160/session for one class per week (open to existing students lower than blue major belt and new students under age 8). \$100/session for Karate Kids (30 min). \$160/session for Adult Karate (Thurs 11:00-12:00).

## Yoga (adult and kids)

For adults we offer Kripalu and Hot Vinyasa Yoga. Kripalu classes (60 or 75 min) are held at a mild temperature and include warmups, breathwork, postures, and meditation. Vinyasa classes (90 min) are physically challenging and held in a heated room. The heat encourages a detoxifying sweat and deeper postures. Both styles emphasize safety and end in deep relaxation. All levels are welcome - modifications are offered according to individual needs. Kids yoga classes are based on the nationally acclaimed Yoga Ed curriculum. 45 min kids yoga is \$110/session, 60 min classes are \$120/session, 75 min classes are \$130/session, 90 min classes are \$140/session. Length of class denoted on schedule.

## Zumba and Zumbatomic

Zumba is exercise in disguise! Zumba is a dance fitness program that uses Latin rhythms and easy to follow moves to create a low impact workout that will sculpt and tone your body while you're having fun. Adult Zumba and kid Zumbatomic classes are 45 min for \$120/session.

- Specials**
- ♦ Students that sign up for two sessions save 5%, three sessions save 10%, 4 sessions save 15%
  - ♦ Families that sign up for more than one class per session will save \$20 for 2 classes and \$30 for 3 classes

**Gym Mania**

The ultimate indoor playground with three stories of tubes, tunnels, slides and ball pits. Siblings play for free during class time. Hours: Mon-Thur 9-6, Fri 9-8, Sat 9-6, Sun 10-6

Session	Dates	No Classes
1	Sept 8 - Nov 7	None
2	Nov 9 - Jan 17	11/26, 27; 12/24-1/3
3	Jan 18- March 28	2/15-2/20
4	March 29 - June 5	4/19-4/24; 5/31

Tentative Date for Year End Show - June 6  
Tentative Date for Year End Dance Recital - June 11

Call Ahead to Book a FREE Trial Class for any of our Programs!