

THE L.I.G.A. PROGRAM

The L.I.G.A. Program was developed to provide gymnastics instruction tailored to both your child's age and his/her skill level. Beginners are welcome to join at any stage in our program. Our goal is to develop your child's ability, self-esteem and confidence in an environment that is empowering. Within each class, groups are made based on age and ability. All classes are staffed at a 7:1 ratio with the availability for makeups. We will never have a class with more than 8 children per instructor. This ratio ensures individual attention and consistent skill progression.

Long Island Gymnastic Academy's wide range of programs include the following:

PROGRAMS

Mommy/Daddy and Me (12 months to 3 years)

In these classes with your (the parent) help we create an environment in which toddlers learn and explore through play. They develop fine and gross motor skills and coordination, as they learn to tumble and jump. Through introduction to colors, numbers, and letters they learn language development, self-expression, and early problem solving. Their spatial and perceptual awareness increases as they accept new environments. Together we gently guide them through sharing and learning to cooperate with other children.

Separation (2 ½ to 3 ½ years)

This program is designed to ease parents and children into the idea of separating from one another for the duration of gymnastics class. Beginner gymnastics skills are introduced to reinforce balance, strength, and agility. Gradually your child will gain confidence and independence and want to solo, participate in class without mom or dad. As in all of our classes, proper social and listening skills are strengthened. They will be encouraged to take turns and follow directions.

Prenastics (3 to 4 years)

At age 3 your child, seemingly overnight, will develop tremendous energy. They are, no longer unsteady toddlers, but rambunctious children. We will channel their energy while helping them achieve developmental milestones. Through structured physical activities we work on mastering numbers and colors and develop their imaginations. Throughout the program we consistently use positive reinforcement to develop your child's sense of accomplishment and pride in achievements. Their self-esteem will grow as they learn introductory gymnastics skills such as tuck jump, straddle jump, and forward roll, which become the foundation of the progress they will make through our programs.

Transition (5 years)

This class is the intermediary step between our Prenastics and Recreational programs. Though their classes are held simultaneously, boys and girls are now split into separate groups. Here they begin learning skills such as cartwheel, handstand, and backwards roll. These skills are taught using safe and seamless progressions. We foster a safe and comfortable atmosphere to develop your child's ability and enhance their sense of accomplishment.

Recreational (6 – 17 years)

Beginning with this age range all children experience tremendous growth, but they develop at their own unique pace. Our Recreational programs are tailored to accommodate their needs. Classes are split up into smaller, personalized groups, keeping in mind not only gender-specific disciplines, but also your child's varying developmental abilities. We help our students tackle new challenges at their own skill levels. This means that we can place students with beginner, intermediate, or more advanced skill sets on a customized path to success.

Our instruction is aimed at developing a comprehensive set of skills including the handstand, forward and backwards roll, front and back walkovers, and front and back handsprings. In this program students get full access to all of the gym equipment.

Many students take Recreational programs over multiple years. These programs are dedicated to make a real difference in strength and ability as well as social skills and mental conditioning. As their confidence and comfortable level increases over time we have them follow more complex directions to help them maintaining attention and concentration.

We think you'll see your child's improved confidence in social settings and more active group participation, an improved ability to recognize and manage emotions, and an increased willingness to take on leadership roles.

Advanced Gym/Developmental Gym: Ages 9-17 years

These classes are for students who have demonstrated the required skill set and are ready to devote a greater amount of time to gymnastics. Classes are 2 hours long and are more demanding. A Student must be able to execute 10 Prerequisite skills that include floor, beam, bars and vault. Enrollment requires approval from the testing coach or the gym director.

Open Gym

Open gym is available to children 4 and under who are already a part of our program. It is a relaxed, non-structured environment in which a staff member is on hand in a supervisory capacity only. Adult supervision is required at all times.

Our availability for boys over the age of 5 is limited. So please contact us before the semester begins if you're interest in one of these classes.

FAQ'S

When are the classes?

We offer two 18 week sessions per academic year, Fall and Spring. All of our classes meet once a week.

How do I sign up?

Call us to find out the availability of the class you are interested in. Our admission is rolling depending on availability. If you join in the middle of a semester we will prorate the fee. We do require a \$45 insurance fee per academic year, which runs from September through June. Tuition is per 18-week semester. We require a 50% deposit at the time you register.

Can I try out a class?

Yes, if we have room in the class. You can pay for one class, and decide at the end of the class if you want to continue. Trial prices vary and applicants are permitted only one trial class. If you attend a class for a second time we will assume you want to be registered for the semester and we will invoice you as such. We do not offer any pay-as-you-go classes, with the exception of Mommy and Me classes during the summer months.

What if my child misses a class?

We reserve a number of spots in each class for what we call "make-ups." If you miss your class you can come to the same class on a different day of the week. However, you must call beforehand to make sure there is room in that class on that night.

What if my child doesn't want to do gymnastics anymore?

If for any reason you need to discontinue a class let our office know in writing (email or in person) and we will take him/her out of the class and refund the remainder of your fee. You will be responsible for payment for all classes prior to the day we receive a written notice. In special circumstances, verifiable medical absences will be credited throughout the semester if a written notice is provided.

What method of payment do you accept?

We accept cash or check. Checks should be payable to L.I.G.A. Sorry, we don't accept credit cards.

What if I am late with a payment?

The remaining 50% of your tuition will be due halfway through the semester. If you are not paid in full by our deadline you will be subject to a \$25 monthly re-billing fee.

Are there any discounts?

We offer a 10% discount if you register for multiple classes. We offer a sibling discount when you register more than one family member.

What should my child wear to class?

We want them to be comfortable. They can wear a leotard, leggings, sweatpants, or shorts. It helps us to better spot them if their tops are not too loose. We ask them to take their shoes, socks, and jewelry off. Long hair should be secured in a ponytail. LIGA is not responsible for lost or stolen property and encourage you to keep valuables at home.

FACILITIES AND EQUIPMENT

"Our sole purpose is to provide a safe and happy atmosphere in which children can learn and grow through gymnastics". In all cases "Safety First".

ALL L.I.G.A. APPARATUS MEET FIG & USAG SPECIFICATIONS FOR MAXIMUM SAFETY USAG MEMBER (U.S. GYMNASTICS ASSOCIATION/ USAG SAFETY CERTIFIED)

- State of the art 42ft X 42ft Palmer spring floor
- Tumble Trak
- Foam Pit
- In Ground Trampoline
- Mini Trampoline
- Uneven Bars
- Balance Beams
- Junior Power Inclines
- Mirrored Dance Room
- High Bar
- Parallel Bars
- Still Rings
- Pommel Horse
- Level 4 Vault System
- Vaulting Table
- Overhead Travel Spotting Rig
- Safe and Accessible Parking
- Air Conditioned Facility

To answer any additional questions or concerns call us at 516 569.5115