



**2023 – 2024**

# **Enrollment**

**PACKET**

Visit Our Website  
[www.bahamasstargym.com](http://www.bahamasstargym.com)



# CLASS SCHEDULE

September 2023 – June 2024

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Twinklers 1 (Dawn) (Age 4 – 5)	4:30pm – 6:00pm	4:30pm – 6:00pm	No Class	4:30pm – 6:00pm	4:30pm – 6:00pm	10am – 12noon
Twinklers 2 (Dusk) (Age 5.5 – 6)	4:30pm – 6:00pm	4:30pm – 6:00pm		4:30pm – 6:00pm	4:30pm – 6:00pm	10am – 12noon
Dazzlers <i>(Competitive/Advanced Recreational)</i> (Age 5-7)	4:30pm – 6:00pm	4:30pm – 6:00pm		4:30pm – 6:00pm	4:30pm – 6:00pm	10am – 12noon
Sparklers <i>(Beginner – Intermediate Recreational)</i> (Age 7-16)		4:30pm – 6:30pm		4:30pm – 6:30pm	4:30pm – 6:30pm	10am – 12:30pm
Glowers <i>(Pre-Competitive/Advanced Recreational)</i> (Age 7- 16)		4:30pm – 6:30pm		4:30pm – 6:30pm	4:30pm – 6:30pm	11am – 1:30pm
Rising Stars <i>(Based on competitive level)</i>		4:30pm – 6:30pm		4:30pm – 6:30pm	4:30pm – 6:30pm	11am – 1:30pm
Shooting Stars <i>(Based on competitive level)</i>		4:30pm – 7:00pm		4:30pm – 7:00pm	4:30pm – 6:30pm	11am – 2:00pm
Star Achievers <i>(Based on competitive level)</i>		4:30pm – 7:00pm		4:30pm – 7:00pm	4:30pm – 6:30pm	11am – 2:00pm

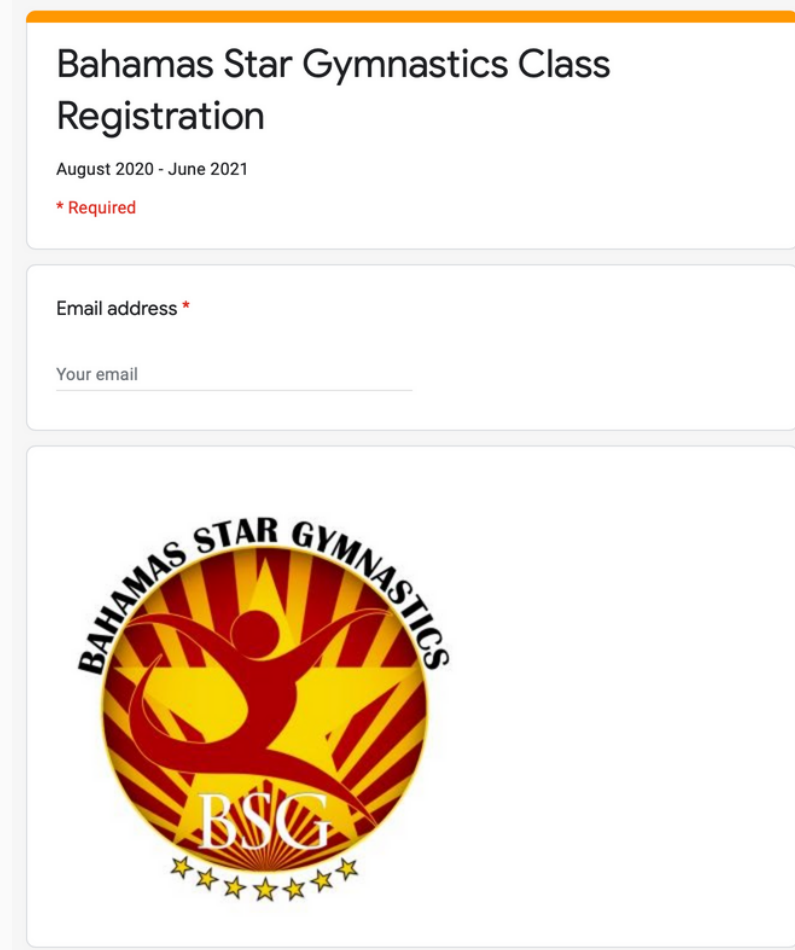


# Step 1 REGISTRATION

Follow the link below to register online.  
Only paperless registrations will be accepted.



[https://docs.google.com/forms/d/e/1FAIpQLSfciHxec5cyacsY\\_TA7dE1wd9QuDPQyILXGQBP0tRaRa0Y-sQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfciHxec5cyacsY_TA7dE1wd9QuDPQyILXGQBP0tRaRa0Y-sQ/viewform)

A screenshot of a Google Forms registration page. The title is "Bahamas Star Gymnastics Class Registration" with a subtitle "August 2020 - June 2021". Below the title is a red asterisk and the word "Required". The first field is "Email address" with a red asterisk, and the input text is "Your email". Below the form is the Bahamas Star Gymnastics logo, which is a circular emblem with a stylized figure in the center, the text "BAHAMAS STAR GYMNASTICS" around the top, and "BSG" at the bottom with five stars.

# Step 2 CALCULATING FEES

- **Registration Fee** - To be paid 2x per year (the beginning of the new term and at the start of Summer Camp).
- **Insurance Fee** - For those who do not have private insurance coverage. The fee is waived when a copy of the private coverage is submitted via WhatsApp to 819-7827 or via email to bah.star.gym@gmail.com. Always indicate the gymnast's name.
- **Tuition Fee** - Based on how often the gymnast attends class each week.

**PLEASE SEE PAGE 5, 6 and 7 FOR FEE SCHEDULE**

*Note: All fees must be paid 2 business days before class attendance ie payment by Thursday for classes commencing on Monday.*



STANDARD FEE SCHEDULE	
Registration fee - first time/new registrants	\$40.00
Registration fee – returning registrants	\$25.00
Daily tuition rate	\$25.00
Monthly Tuition Fee: (1-4 classes)	\$100.00
Monthly Tuition Fee: (5-8 classes)	\$125.00
Monthly Tuition Fee: (9 or more classes)	\$160.00
Private class, based on coach availability	\$60 per session
Leotards	Starting at \$50
Note: <b><i>All fees are <u>non-refundable</u> unless provided with medical slip or other unforeseen event with evidence which qualifies for a refund.</i></b>	

*There is no rollover of fees from one month to the next. Classes must be taken within the same calendar month. Permission may be granted for transfer of unused classes to another month on a case-by-case basis and in such cases, an email must be submitted for the case to be evaluated for approval.*

FEE CALCULATOR FOR RETURNING REGISTRANTS							
Type of Fee	Without Private Insurance/NHI				With Insurance Insurance/NHI (proof must be provided)		
Number of classes for month:	1-4 classes	5-6 classes	7 or > classes		1-4 classes	5-6 classes	7 or > classes
Returning Registration Fee	25.00	25.00	25.00		25.00	25.00	25.00
Mandatory Insurance (Sports Cover)	35.00	35.00	35.00				
Class Tuition	100.00	125.00	160.00		100.00	125.00	160.00
<b>Total</b>	<b>\$160.00</b>	<b>\$185.00</b>	<b>\$220.00</b>		<b>\$125.00</b>	<b>\$150.00</b>	<b>\$185.00</b>
Note: <b><i>All fees are <u>non-refundable</u> unless provided with medical slip or other unforeseen event with evidence which qualifies for a refund.</i></b>							





After the initial period/first month, fees are paid monthly as follows:

<b>MONTHLY STANDARD FEE SCHEDULE</b>	
<b>Fees are due on 1<sup>st</sup> of each month or before first class attendance each month</b>	
<b>There is no prorating of fees for less than 4 classes except for first month</b>	
Monthly Tuition Fee: (1-4 classes)	\$100.00
Monthly Tuition Fee: (5-8 classes)	\$125.00
Monthly Tuition Fee: (9 or more classes)	\$160.00
Note: <b><i>All fees are <u>non-refundable</u> unless provided with medical slip or other unforeseen event with evidence which qualifies for a refund.</i></b>	

*There is no rollover of fees from one month to the next. Classes must be taken within the same calendar month. Permission may be granted for transfer of any unused classes to another month on a case-by-case basis and in such cases, an email must be submitted for the case to be evaluated for approval.*

<b>LATE PAYMENT FEE</b> (for accounts in arrears or payment made after 3rd business day/after first 2 class attendance)	<b>\$10.00</b>
<b>LATE PICK UP FEE</b> (for pick up later than 10 minutes after class session ends)	<b>\$15.00</b>

***IMPORTANT: Proof of payment to be sent via email to [bah.star.gym@gmail.com](mailto:bah.star.gym@gmail.com) or via WhatsApp to 819-7827 to ensure that payment is applied to your account.***

# Step 3 PAYMENT

- Payments can be processed online or by direct deposits to one of the following accounts

COMMONWEALTH BANK	ROYAL BANK OF CANADA (RBC)
BRANCH CODE: 21107 (CABLE BEACH)	BRANCH CODE: 05135 (CABLE BEACH)
ACCOUNT #: 705-4069 ACCOUNT TYPE: CHECKING	ACCOUNT #: 241-626-1 ACCOUNT TYPE: CHECKING
NAME: BAHAMAS STAR GYMNASTICS	NAME: BAHAMAS STAR GYMNASTICS
COMMONWEALTH BANK ACCOUNT HOLDERS CAN USE THE "BILL PAY" OPTION AND SELECT "BAHAMAS STAR GYMNASTICS" AS A PAYEE	ROYAL BANK ACCOUNT HOLDERS SHOULD COMBINE THE BRANCH CODE AND ACCOUNT NUMBER AS 12 DIGITS ARE REQUIRED IN SETTING UP: 051352416261

After processing your transaction, please forward a copy of the confirmation/deposit receipt to [bah.star.gym@gmail.com](mailto:bah.star.gym@gmail.com) OR via WhatsApp to (242) 819-7827 **noting the gymnast's name.**

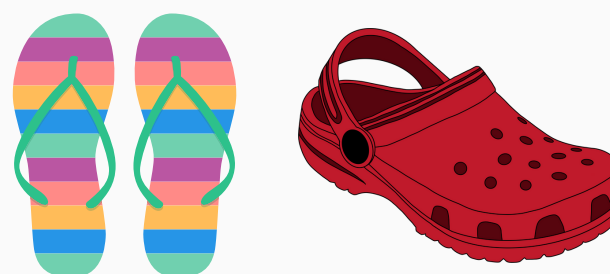


# Step 4 PREPARING FOR THE GYM

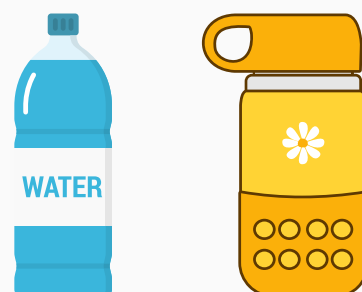
- **Leotard** - The club sells leotards starting at \$40. You do not have to buy the leotard from us. We allow tight fitted shirts and PE/physical education styled shorts, bike shorts or tights with no elastic and no zippers, buttons or buckles until a leotard can be purchased. **NO** tutu or skirt attachments are permitted for safety reasons. We recommend that by the 3rd week of class, a leotard should be worn.



- **Shoes** - Flip flops/ CROCS are recommended.



- **Water bottle** - Individual water containers are **mandatory** to eliminate the risk of cross-contamination.



- **Hairstyle** - Hair should be worn pulled back from the forehead and no “bobble”, bobby pins, beads or any other type of hair ornaments should be worn. Hair ties or scrunchies should be used to keep longer hair away from shoulders for safety reasons. We encourage gymnasts to pack additional hair ties or scrunchies to avoid hair falling in their faces or preventing some movements in a safe way.

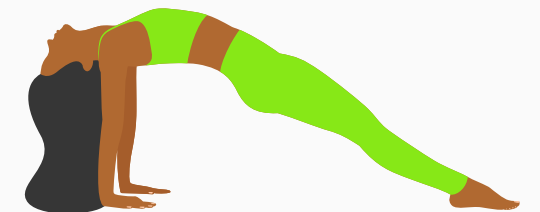
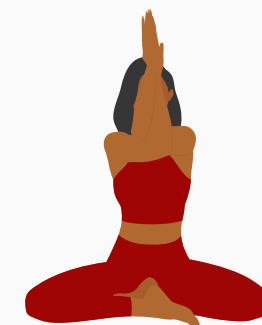
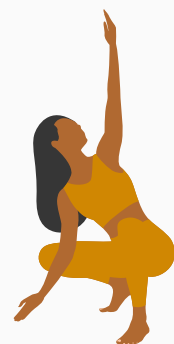
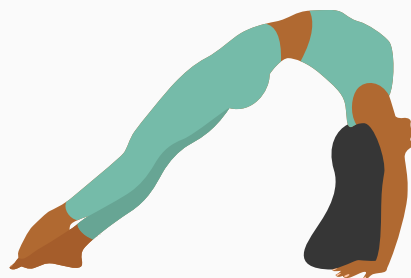
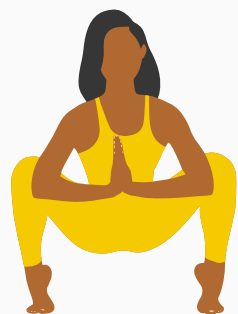


## FUELING THE BODY

- For athletes of any sport, caring for the body is top priority along with the right type of training.
- The body is the engine which needs the right fuel to be injected.
- We therefore recommend a food plan with high levels of green vegetables and low amounts of sugar as components of putting in the best fuel.
- We also recommend lots of water to replace sugary/sweet drinks where possible.
- Junk food and fast foods are banned on the premises of the gym and we encourage minimal or no consumption outside of the gym.
- When packing snacks, we recommend fruits, vegetables, protein bars, trail mixes and similar healthy options.
- **ABSOLUTELY NO JUNK FOOD ON THE GYM'S PREMISES!**
- **NO PEANUTS ALLOWED ON THE GYM'S PREMISES. WE DO HAVE STUDENTS WITH ALLERGIES.**

## MAINTAINING THE BODY

- Sufficient sleep (minimum of 8 hours daily) for growing athletes
- We recommend good hygiene practices are followed
- We recommend that leotards are cared for following proper washing instructions and after each use.





**Anti-Bullying Policy:** We believe in working with gymnasts on all levels of development. We strongly discourage negative behaviour that creates discomfort for another individual whether by unkind words, invading personal space (bubble), inappropriate physical contact or other offensive actions. In all instances, we seek to improve the understanding of boundaries and how they are to be respected. There are times, only a discussion with parents and gymnasts may suffice. At other times, a warning and/or suspension may be deemed as the best course of action. In extreme cases, for legal and other reasons, a gymnast may be expelled/asked to leave the program. In the event of a suspension/expulsion, no refund of fees applies.



COMPARISON OF PROGRAMS

INSTRUCTION



BAHAMAS STAR GYMNASTICS

Olympic Apparatus:  
Balance Beam  
Uneven Bars  
Vault  
Floor Exercise



STAR POINTE DANCE ACADEMY

Ballet  
Jazz  
Modern Dance  
Ethnic Dance

DANCE

20 minutes specifically for Balance Beam & Floor Exercise

1 – 2 hours in all genres

COMBINATION PROGRAM BENEFITS

Star Pointe Dance Students who wish to improve their acro skills are encouraged to enroll in 1 class per week with Bahamas Star Gymnastics

Bahamas Star Gymnastics' current competitive squad and recreational gymnasts who intend to compete and improve their dance elements for Balance Beam and Floor are encouraged to enroll in 1 class per week with Star Pointe Dance Academy.



PRICING STRUCTURE & BUNDLE PRICING



	GYMNASTICS ONLY	MONTHLY FEE	DANCE ONLY	MONTHLY FEE	BOTH
WEEKLY ATTENDANCE	1	\$100	1	\$100	
WEEKLY ATTENDANCE	1		1		\$175
WEEKLY ATTENDANCE	1		2		\$200
WEEKLY ATTENDANCE	1		3		\$230



	GYMNASTICS ONLY	MONTHLY FEE	DANCE ONLY	MONTHLY FEE	BOTH
WEEKLY ATTENDANCE	2	\$125	2	\$120	
WEEKLY ATTENDANCE	2		1		\$200
WEEKLY ATTENDANCE	2		2		\$230
WEEKLY ATTENDANCE	2		3		\$260

PRICING STRUCTURE & BUNDLE PRICING



	<b>GYMNASTICS ONLY</b>	<b>MONTHLY FEE</b>	<b>DANCE ONLY</b>	<b>MONTHLY FEE</b>	<b>BOTH</b>
WEEKLY ATTENDANCE	3 OR MORE	\$160	3 or more	\$160	
WEEKLY ATTENDANCE	3		1		\$230
WEEKLY ATTENDANCE	3		2		\$260
WEEKLY ATTENDANCE	3		3		\$290

# Thank You

*Let's get social!*



Bahamas Star Gymnastics



bsg\_gymstars

