

# X-treme Gymnastics

## Team Private Lesson Policy



1. **SCHEDULING PROCEDURE** - Private lessons are to be requested and scheduled in advance and are subject to current availability. Private Lesson requests MUST be made VIA EMAIL to X-treme Gymnastics (xtreme6@roadrunner.com). We will respond with our current coach availability. Confirmation of days and times must be confirmed via email in order to ensure corroboration with all involved parties. Private lessons will NOT be scheduled in person or over the phone. Private lessons are first come, first serve with your payment holding the slot.
2. **PAYMENT PROCEDURE** - Your scheduled private lesson is marked as “TENTATIVE” until the payment has been turned into the front desk. Once payment has been received the coach will be notified that a lesson has been booked. Private lessons are **CASH ONLY** and are **\$40 per half hour**. Payments should be paid as soon as the date has been confirmed (minimum of 48 hours prior to the scheduled lesson).
3. **COACH AVAILABILITY** - Coach availability is based around their current work hours in the gym. Private Lessons are typically scheduled before practices begin for the day. Availability may vary by coach and by day. Availability becomes increasingly limited during our competitive season; therefore, we recommend scheduling at least 2-4 weeks in advance during this time.
4. **GYMNAST ELIGIBILITY** - Private lessons will NOT be given on a skill/event that the child isn't attempting during her regular practices. Private lessons are not to be used to overcome a fear on a skill or event. If a child is unwilling to attempt a skill/event in a 3+ hour practice, generally a 30 minute private lesson will not be the magical solution to the problem. This tends to be a waste of time and money for all parties involved and typically leaves the gymnast feeling more pressure, stress, and disappointment. We want our gymnasts and families to be aware that private lessons are a privilege, and not a right! If a child is not giving 100% in her regular practices, the coaches reserve the right to deny the request for a private lesson until the gymnast's work ethic and/or attitude is corrected. Lastly, private lessons are NOT the key to being successful at competitions. The gymnasts who will be successful will be the ones who listen and make corrections, who take the most turns in a practice, who finish every assignment, who don't cut corners or cheat on conditioning, and who has a positive attitude and work ethic 110% of every practice day in and day out. Gymnastics is a marathon, not a sprint. Gymnasts should use their gym time wisely and TRUST THE PROCESS!
5. **CANCELLATION PROCEDURE** - If for any reason you need to cancel or reschedule a private lesson that has already been booked with an instructor, we require a minimum of 24 hours' notice to be able to inform the instructor and reschedule the lesson. If you do not give 24 hours' notice or do not show up to your lesson, you forfeit the payment as the instructor will still be compensated for their time.