

Adel Tumbling & Dance Club/Adel Tumbling Team: Tumbling Lessons  
211 South 7<sup>th</sup> Street, Suite A  
Adel, Iowa 50003

Coach/Owner: Lori Rickert

Questions? Email: [Lori@AdelTumblingandDanceClub.com](mailto:Lori@AdelTumblingandDanceClub.com) Club Phone/Text: (515) 993-4411

Dear Parents,

Enclosed is Registration Information for our next Tumbling Session with the 'Adel Tumbling Team'. Lessons begin in September 2024 and continue through May 2025. During this session your child will work various Tumbling Skills beginning at their appropriate level and progressing to higher levels. Students will mark their progress on Star Charts throughout the year. We will complete this session in May with our Annual Adel Tumbling Meet/Exhibition. An exciting time for everyone!

I personally have many years of experience in Tumbling/Gymnastics including competing, judging, coaching, and teaching. I also have a Great Staff of Coaches! All have been my students at one time! We look forward to the opportunity to help your child progress in their Tumbling Skills!

Whatever your goal may be, there are many benefits to good Tumbling/Gymnastic Training! It is a great cross-training sport and will benefit your child in any sport they are currently participating in or may in the future! Working all-over body strength, control, balance, flexibility, coordination, and agility! Our philosophy in teaching is to provide an enjoyable atmosphere for students to learn the proper techniques of Tumbling/Gymnastics. Starting with a solid foundation of the basic skills and helping each student progress individually in a safe manner!

If your child is interested in enrolling, please fill out the attached Registration Form and return to the address listed above, with a \$35 Registration Fee (cash or check) per child ASAP! NOTE: We have a locked mailbox where forms can be returned. TUMBLING CLASSES ARE LIMITED AND FILL QUICKLY! IMPORTANT: Scheduling is initially determined according to the registration forms when received promptly. Please be specific on the registration form! It has become increasingly difficult to move students around once the schedule is set! You will be notified of your child's class time by mid to late August! NOTE: If there is not a suitable opening you will be notified, and your payment will not be processed! If an opening becomes available throughout the year, you will be contacted!

WE LOOK FORWARD TO A GREAT SESSION OF TUMBLING WITH YOUR CHILD! THANK YOU!

Sincerely~

Lori Rickert

Coach & Owner: Adel Tumbling Team / Owner: Adel Tumbling & Dance Club

Note: We also offer a Great Dance Program and have a Great Staff of Instructors!

Dance Inquiries: [Sue.Dunsmoor@gmail.com](mailto:Sue.Dunsmoor@gmail.com) Anyone enrolling in BOTH Tumbling & Combination Dance will receive a \$15 Monthly Discount off the Total Monthly Price!!

**ADEL TUMBLING TEAM: GENERAL INFORMATION 2024 - 25**  
**LISTED BELOW ARE ESTABLISHED REGULATIONS. PLEASE READ THOROUGHLY!**

**PAYMENTS: THE MONTHLY LESSON FEE IS A 'FLAT RATE' DUE THE 1ST LESSON OF EACH MONTH!**

**TUMBLE BUGS:** 3-5 Years (30 Minutes) - \$50/monthly. **BEGINNING I:** 5-6 Years (45 Minutes) - \$55/monthly. **BEGINNING II – ADVANCED:** 7 Years and Older (60 Minutes): \$60/monthly. Payments made after the 10<sup>th</sup> of the month should include a \$5.00 Late Fee. Fees carried into the next month \$10.00. NSF Charge: \$30.00. Lesson Fees are non-refundable. Note: It is necessary to increase prices due to a significant increase in overhead expenses. Thank you for understanding!

**DISCOUNTS:** Bi-Session Payments are Due the First Lesson in September and January (5% Discount). Full Session Payments are Due the First Lesson (10% Discount). The following Session Discounts are available:  
**Tumble Bugs – 30 Minute Lesson:** Bi-session (Two payments of \$214), Full session (One payment \$405).  
**Beginning I – 45 Minute Lesson:** Bi-session (Two payments of \$235), Full session (One payment \$446).  
**Beginning II - Advanced – 60 Minute Lesson:** (Two payments of \$257), Full session (One payment \$486).  
\*Families with 3 children taking Tumbling Lessons: \$15 Monthly Discount. (Session discount does not apply).  
\*Students enrolled in Both Tumbling & Comb. Dance: \$15 Monthly Discount. (Session discount does not apply)  
\***NOTE:** Registration Fees are in addition to the Lesson Fees. All fees are non-refundable.

**QUESTIONS? BEST OPTION!** BUSINESS EMAIL: [Lori@AdelTumblingandDanceClub.com](mailto:Lori@AdelTumblingandDanceClub.com).

**CORRESPONDENCE & MAILING ADDRESS:** Adel Tumbling & Dance Club / Lori Rickert, 211 South 7<sup>th</sup> Street, Suite A, Adel, Iowa, 50003. Club Phone/Text: (515) 993-4411

**ATTIRE:** Girls should wear a leotard or unitard to class, and Boys a t-shirt (tucked in) and shorts or warm-up pants. No jeans or clothing with zippers. Please stay away from baggy clothing as this makes spotting difficult. Girls must wear their hair up and out of their eyes. Please avoid buns. A low ponytail works best. All students go barefoot.

**PARENTAL VIEWING:** The curtains will be open the First Lesson of each Month for parents to view their child's class. Children are always excited for their parents to watch them. Please keep in mind the students may pay more attention to their parents than their Coach so there can be a distraction.

**BREAKS:** We take breaks that coincide with the ADM Schools. You will be notified of these dates in advance. If ADM Schools cancel or dismiss early due to inclement weather, lessons will automatically be canceled. You can also check our Face Book page if you have questions!

**ATTENDANCE:** All lessons must be paid for whether your child attends as a place has been reserved for them. My students and their families are involved in many activities and conflicts are likely to occur. Requests for make-up classes seem reasonable to parents; however, honoring these requests can result in an over-crowding of classes and no student can benefit. Therefore, I cannot honor make-up requests and cannot be responsible for at-home decisions. The parents must decide which activity is to be sacrificed. However, if you have a concern of constant conflicts with your class time, please let me know. There may be a possibility of changing classes, if available.

**CONSIDERATION POLICY:** If your child decides to discontinue lessons before the session is completed; please notify me PRIOR to the beginning of the month they no longer plan to attend with a 30-day notice. Otherwise, once a student is enrolled, I assume they are continuing month-to-month throughout that session. If I have not been notified that a child is discontinuing, you may be billed for the month. Your cooperation is greatly appreciated! This can minimize any fees you owe and may allow someone else to participate! Thank you!

**WE ARE EXCITED TO HAVE YOU WITH US AND LOOK FORWARD TO TEACHING YOUR CHILD  
TUMBLING/GYMNASTICS IN THE SAFEST MANNER POSSIBLE!!**

**PLEASE RETURN FORM AND \$35 REGISTRATION FEE ASAP TO GUARANTEE PLACEMENT!!**

**ADEL TUMBLING TEAM: SEPTEMBER 2024 - MAY 2025**  
**REGISTRATION FEE: \$35 PER STUDENT DUE WITH REGISTRATION!**  
**PRICES & DISCOUNTS: SEE THE GENERAL INFORMATION SHEET!**

PLEASE CHECK TO ENROLL IN TUMBLING & COMBINATION DANCE: \$15 OFF TOTAL MO. COST \_\_\_\_\_

**PLEASE PRINT & COMPLETE ENTIRE FORM!**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Grade this Fall \_\_\_\_\_ Parent's Names \_\_\_\_\_  
Mom Phone \_\_\_\_\_ Text? Yes \_\_\_\_\_ No \_\_\_\_\_ Email \_\_\_\_\_  
Dad Phone \_\_\_\_\_ Text? Yes \_\_\_\_\_ No \_\_\_\_\_ Email \_\_\_\_\_ Mailing  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip code \_\_\_\_\_

In Case of Emergency: (in the event parents cannot be reached): MUST COMPLETE!

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_  
Child's Name \_\_\_\_\_ Physician \_\_\_\_\_ Physicians  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
Insurance Company \_\_\_\_\_ Identification # \_\_\_\_\_

RELEASE: I, (Parents Names) \_\_\_\_\_ do hereby authorize Lori Rickert or her Instructor's to seek  
Emergency medical care is needed for my child in the event of a personal injury, sickness, illness, or virus. The effort will first be  
made to notify me for medical direction. If you are unable to notify me for medical direction, Lori Rickert or her Instructor's may  
determine the best medical treatment for my child and will not be held responsible for any expenses. I agree to pay all medical  
expenses personally. MUST COMPLETE!

Child's Name \_\_\_\_\_ Physician \_\_\_\_\_  
Physicians Address \_\_\_\_\_ Phone \_\_\_\_\_  
Insurance Company \_\_\_\_\_ Identification Number \_\_\_\_\_

In consideration of my child participating in Tumbling, I hereby assume all risk of personal injury, sickness, illness or virus involved  
in connection with this activity; and acting for myself and all personal representatives; Release Adel Tumbling Team, Adel Tumbling  
& Dance Club, Lori Rickert and her Instructors from ALL LIABILITY; including all medical expenses, claims, suits at law or in  
equity, for any personal injury, sickness, illness or virus that may result from my child's participation in Tumbling or Dance.  
Authorizing Signatures: BOTH NEEDED!

Father \_\_\_\_\_ Mother \_\_\_\_\_ Date \_\_\_\_\_

If your child is NEW and has previous experience or is self-taught, please mark the accomplished skills:

Cartwheel \_\_\_\_\_ Round off \_\_\_\_\_ Back Bend (From Stand) \_\_\_\_\_ Back Walkover \_\_\_\_\_ Front Limber \_\_\_\_\_  
Front Walkover \_\_\_\_\_ Front Handspring \_\_\_\_\_ Back Handspring \_\_\_\_\_ Aerial \_\_\_\_\_ Back Tuck \_\_\_\_\_

**PLEASE FILL THIS OUT IF YOU HAVE ANY POSSIBLE CONFLICTS WITH CLASS TIMES!**

Classes will be scheduled this Fall: Tuesday or Thursday 4:00 pm – 9:30 pm, Saturday 9:00 am – 1:00 pm.

Your child's class time will be held within these times once a week. A schedule will be based on this form if received by  
the deadline but cannot be guaranteed. I appreciate as much flexibility as possible to ensure a suitable class for your  
child!

Is your child available for a Saturday Class? \_\_\_\_\_ Is a 4:00 class after school a possibility? \_\_\_\_\_

Please list any other specifics necessary in scheduling for your child. I appreciate as much flexibility in scheduling! Note:  
What is the earliest time your child can participate?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NOTE: REG. FEE MUST BE PAID & ENTIRE FORM COMPLETED FOR YOUR CHILD TO BE REGISTERED!**

**MAILING ADDRESS: LORI RICKERT / ADEL TUMBLING TEAM, 211 S.7<sup>TH</sup> STREET, ADEL, IOWA, 50003.**