

Policy Handbook

Updated July 29, 2026

Welcome to AMKM Gymnastics!

Named after its four coaches, Amanda, Meghan, Kelsey, and Molly, AMKM Gymnastics began as a gym just for them thanks to their parents, Terry and Susan Arentz. Their dedication and the continued efforts of the families of our gymnasts have made the gym possible! We have been open at The Farm since the fall of 2005 and The Avenue since the fall of 2019, and continue to promote the sport of gymnastics through classes, camps and continued gymnastics development.

New in 2025, AMKM Gymnastics has moved to one location, The Avenue in Sparta, WI! The Farm closed in August of 2025.

Our Mission

AMKM Gymnastics strives to provide gymnasts the opportunity to develop their talents in a safe and positive environment. Every gymnast deserves the opportunity for success in and out of the gym, and we aim to provide that opportunity by developing strong athletes and confident individuals!

Gym Philosophy

AMKM Gymnastics strives to provide a program that builds not only strong gymnasts but confident and successful individuals. We offer a program that promotes strength, flexibility, recreational classes and developmental gymnastics. We encourage positive behaviors, appropriate appearance and good sportsmanship in all regards, in and out of the gym. By doing this, we hope excellence becomes a habit, in and out of the gym!

We strive to be the best and we expect our gymnasts to embrace that same attitude. As coaches, a lot of time, energy and effort goes into providing gymnasts with every opportunity to succeed and in return we expect our gymnasts to:

1. Have a positive attitude towards practices and fellow gymnasts.
2. Work hard and always strive to be their best.
3. Work with other students to encourage one another to succeed.
4. Carry through with what they have learned at AMKM Gymnastics.
    a. We expect gymnasts to utilize the same techniques when at other gyms for approved camps or at meets, such as working hard, using good form, always stretching up, etc…
5. Alert us to any questions, suggestions or concerns.
    a. In order to continue a successful program it is essential to keep the lines of communication open.
6. Maintain a positive Social Media presence.
    a. Having good moral character in person, on social media and through the use of cell phones, tablets or computers is expected of all gymnasts and parents.

What We Offer

- Recreational & Developmental Gymnastics
- Private Competitive Team- USAG & AAU
- Strength Training
- Gymnastics Instruction
- Opportunities to Learn New Skills
- Summer Camps

- Private Lessons
- Open Gyms & Birthday Parties

Location and Contact Information

The Avenue- AMKM Gymnastics
1415 W Wisconsin St
Sparta, WI 54656

Phone (608)386-7846 or (608)498-5571

amkmgymnastics@gmail.com
www.amkmgymnastics.com

Owners/ Coaches

Amanda Langrehr
Meghan Arentz
Kelsey Giraud
Molly Peters
Susan Arentz

Facility

- Multiple sets of Regulation Competitive Equipment
- Tumble Strip
- Tumble Track
- Multiple Beams, Vaults and Bars
- Compulsory Vault System
- Casting and Pirouetting Bars
- And Much More!

Gym Policies

Organizational Structure

AMKM Gymnastics follows the USA Gymnastics Safe Sport framework. USA Gymnastics may update its Safe Sport Policy at any time. Unless otherwise stated, changes are effective immediately upon publication. The Safe Sport Policy can be found at www.usagym.org/safesport.

Class Fees & Make Up Policy

Tuition fees are due on the 1st of each month and late fees are assessed on any account past due. Sessions will not be prorated based on when gymnasts will be absent; and tuition is not reduced for missed classes. We do not offer make ups for missed classes.

A 30 day written notification is required for any student withdrawing from AMKM Gymnastics- failure to notify within 30 days will result in subsequent monthly fees and late fees being assessed to your account. To avoid class fees being charged for the next month, written notification of withdrawal would be due by the 1st of the month prior.

For example, to stop class fees for January, written notification would need to be provided by December 1. Class fees will be assessed and be the responsibility of the gymnasts account until written notice is provided.

School Year Session (Sept to May): Tuition is charged monthly on the 1st of each month. At your initial registration, you are charged first and last month tuition along with your annual membership fee. No tuition is then charged on your last month of the session!
Summer Session (June to Aug): Tuition is charged as a session fee so you pay one price for the whole session!
Payment in full is due at the time of enrollment.
Payment made outside of deadlines are subject to late fees.

Enrollment

All enrollment is completed online, click Enroll Now from our home page: www.amkmgymnastics.com
Payment in full is due at the time of enrollment.
How do I know what class to sign my child up for?
All of our Recreational classes are age based, so you can enroll in any Flippers class that fits your child's age range!
Developmental classes require coach approval and a password to enroll!

Refund Policy

Refunds are not given as class schedules, camps, lessons, etc. are arranged and financed based on the gymnasts signed up. Gym credit may be given in extenuating circumstances or if the change is a scheduling change made by AMKM Gymnastics.

Tuition Fees are due the 1st of each month. A 30 day written notification is required for any student withdrawing from AMKM Gymnastics- failure to notify within 30 days will result in subsequent monthly fees and late fees being assessed to your account.

Force Majeure Clause. Any delay in or failure of performance by AMKM Gymnastics under Agreements entered into will not be considered a breach and will be excused to the extent caused by any occurrence beyond the reasonable control of AMKM Gymnastics including, but not limited to, acts of God such as fires, hurricanes, floods, tornadoes, global illnesses, etc....

Gym Membership

Yearly gym membership fees are due at enrollment and are non-refundable.

Recreational and Developmental Gymnastics

Gymnasts will learn developmental skills consistent with their skill ability with a focus on flexibility, strength, and confidence.

Team Gymnastics

After a lot of consideration for the future of our program at AMKM Gymnastics, we have made the decision to no longer offer a public competitive team option and we will move to a recreational and developmental program beginning in June 2025. A private competitive team will continue.

AAU Membership & USA Membership

AAU Memberships & USA Memberships are required for competitive gymnasts.

AAU Memberships runs August 31 to August 30, annually. Membership allows gymnasts to participate in AAU Sanctioned events (additional fees apply). USA Gymnastics competitive gymnasts are responsible for an additional gym membership fee, and parents must register their gymnast through USA Gymnastics.

Practices

Regular practices are offered to gymnasts of all ages. All gymnasts should be prepared when they arrive at practice and follow these policies:

Where are you located?

The Avenue 1415 West Wisconsin St Sparta, WI

How can I contact the gym?

Please use our email address: amkmgymnastics@gmail.com

Can I view classes?

Yes, we have a viewing area with barstools and counter space. Please follow guidelines listed on the viewing windows.

What should my child wear to class?

We recommend any leotard of choice or any close-fitting athletic wear! We ask you to please avoid buttons, zippers, strings, denim, hoods, etc. Long hair should be pulled back away from the face.

Limited apparel is available for purchase at The Avenue. Annually, we place orders for AMKM Gymnastics apparel and leotards!

A drinking fountain is available at The Avenue but you may bring your own water bottle.

What do I do when I arrive for class?

Students: When you arrive for class, you may find a cubby space (found at the end of the lobby) to use for shoes, extra clothing, water bottle, etc. Once you are ready for class, please find the Ready for Class bench located in the lobby and have a seat! The bench is reserved for enrolled students only. Once it is time for class, your coach will call you out into the gym. Please be sure to wait on the bench until called. Once class is completed, your coach will dismiss the class. After class, be sure to check to make sure you have all your belongings!

Spectators: You may find a seat at the viewing area counter or may leave for the duration of the class. Please be prompt for drop off and pick up from classes. Please follow spectator area guidelines listed on the viewing windows.

What if I will miss a class?

You can use the *Report An Absence* form from the home page of our website: www.amkmgymnastics.com

You can also email us at amkmgymnastics@gmail.com.

Refunds and make-ups are not offered for missed classes.

Tardiness Policy

Times set for gym activities including practices, camps, lessons, etc., are firm time schedules. It is our policy all set schedules are adhered to. We expect gymnasts to arrive on time and to be picked up on time for practices, camps, lessons, etc. Be responsible and respectful of gym schedules. It is unacceptable to be late. There is no grace period and there are no warnings. Being late to pick up your gymnast from any gym activity will result in a $20 charge made to your account.

Private Lessons

Private lessons are offered at a per hour rate for students signed up for regular classes. Private lessons are meant as extra time to perfect skills and should not be a replacement for classes. Private lessons are only offered based on coach availability.

Routine Choreography

Choreography fees are offered at the following rates:
$300 for floor routines and $150 for beam routines.
Any non-AMKM members can also have routines choreographed for those fees per routine.

Discounts

We offer a multiple class discount and a multiple sibling discount!
10% off 2nd class
20% off 3+ classes
Sibling Discount: 10% off smallest account

Camps

Throughout the year, AMKM Gymnastics hosts several camps which help to offset the costs of operating the gym. We encourage everyone to attend these camps; camps are open to male and female gymnasts of all ages- members & non-members!

Birthday Parties

AMKM Gymnastics hosts birthday parties at The Avenue location.. Parties include one hour of gym time and thirty minutes for gifts and cake as supplied by parents. Call or email for reservations!

Fundraising

It is our policy to prohibit our gym name, AMKM Gymnastics Training Facility and logo, from being used in any fundraising events and/or efforts outside of our home meets. We host annual fundraiser meets.

Cell Phone Policy

There is a strict no cell phone policy rule in the gym for gymnasts, parents and spectators. We ask that if gymnasts bring their phones to the gym, they keep them stored away in a cubby area. We also ask that parents and spectators refrain from using phones in the gym. Phones should not be used in the gym without the permission of a coach.

Coaches Contact

We ask that parents only contact coaches from 8am to 8pm, Monday through Friday unless it is an emergency. In addition, **ALL** contact should be made through parents/guardians, not gymnasts. Communication should all be directed to the gym email: amkmgymnastics@gmail.com.

Concussion

AMKM Gymnastics follows the AAU Concussion Policy, set in place to help protect the health and safety of all participants.

The policy provides clear guidance for recognizing the signs and symptoms of a concussion, removing an athlete from play when a concussion is suspected, obtaining appropriate medical evaluation, and safely returning athletes to participation.

We encourage every coach to become familiar with the policy before participating in AAU activities. Athletes will need to submit a signed form.

Before any athlete participates in athletic activity, their parent/guardian must sign an informed consent form and return to their coach each year.

For more information, please visit the AAU Concussion Policy:
https://aausports.org/concussions/

Bullying

AMKM Gymnastics strives to provide gymnasts the opportunity to develop their talents in a safe and positive environment. Any act of harassment, emotional harm, bullying or hazing will not be tolerated. Athletes should feel safe when confiding in any staff member and know that their concerns will be dealt with promptly and discretely. Athletes and parents are encouraged to report acts of bullying directly to their coach or any staff member in the front desk or via email at amkmgymnastics@gmail.com.

Any cases of this will be handled on a case-by-case basis, as deemed appropriate by the coaches/directors of AMKM Gymnastics.

1. In a first offense situation of bullying (not including violence), the person or persons found to participate in bullying will be given an opportunity to modify their behavior. Athletes and parents will be required to sign a formal acknowledgment of reprimand.
2. If the bullying persists, disciplinary action may be taken by the team coach and/or club management which may include, but is not limited to any of the following:
    a. Suspension from participation in training or meets.
    b. Suspension from training for a week, up to one month
    c. Suspension from attending an upcoming meet, clinic, or team activity
    d. Removal from team
    e. Removal from gym
3. After the incident/incidents have been investigated and addressed, the situation will continue to be monitored by the respective team coach, team manager, and gymnasts' parents to ensure the problem is resolved.
4. All incidents of bullying, subsequent meetings with involved parties and action plans will be documented and kept on file with the club.

*At no time will violence be tolerated. Any direct action against another gymnast such as hitting, punching or threatening harm will be dealt with swiftly with immediate suspension until an investigation is conducted and all parties addressed.

*All meetings with athletes and parents of a situation of bullying will be documented and filed with the gymnast's record.

Lost & Found

Any items left at the gym can be found on the spectator counter near the main entry doors. Items are only kept for 1 week.

Gym Closings

What if there is inclement weather?

In the event of inclement weather, we will notify members of any classes changes via email and post to our social media pages (Facebook & Instagram). Follow us today! @amkmgymnastics

We do factor inclement weather days into session schedules and tuition rates. Make-ups are not offered for inclement weather closures.

Is the gym closed on Holidays?

Yes! We are closed on major Holidays! You can find our list of important dates, that will include gym closures, on the home page of our website!

Holiday closures are factored into session schedules and tuition rates. Make-ups are not offered for Holiday closures.

Open Gym Policies

1. Anyone in the gym area must be paid and have a signed waiver on file.
2. Athletic apparel is required, no shoes or socks in the gym area.
3. Appropriate behavior is expected at all time.
4. Appropriate language is expected at all time.
5. No cell phones are allowed in the gym area.
6. Spotting is not permitted.
7. No food, gum, or beverage of any kind is allowed in the gym area.
8. No roughhousing or misusing equipment.
9. The climbing rope should be kept stationary, not used to swing on.
10. To ensure everyone has a great experience, coaches/supervisors have the right to remove any individual exhibiting improper behavior and/or not following rules at any time.
11. Work on the skills you know - you should not try new skills at open gym.
12. Parents/Guardians should come in to drop off or pick up children. Please be prompt in picking your child up. Tardiness will result in additional charges.
13. Valuable items should not be brought to the gym. AMKM Gymnastics/The Avenue is not responsible for lost or stolen items.

General Student Waiver & Release of Liability

AMKM GYMNASTICS

Gymnast's Full Name	***Birthdate***	***Phone Number***
Parent/Guardian Name(s)	***Email***	
Home Address **(Street, City, State, Zip Code)**		
Emergency Contact	***Phone Number***	***Preferred Hospital***
Medical Conditions		

Release of Liability

Please read over carefully and sign below.

- I have read and agree to abide by AMKM Gymnastics, LLC's (herein AMKM) policies regarding tuition, membership fees, auto-renewal, late fees, attire, meet fees, and attendance. I understand it is my responsibility to carefully read and follow the rules and policies of AMKM. I understand that AMKM Gymnastics does not give credit and/or refunds for class(es) missed due to holiday, vacation, illness, weather, etc. I further understand that there are specific risks of physical or property damages, including illness, losses, or injury that may result from my or my child's participation with AMKM Gymnastics, and I voluntarily assume the risks associated with such participation.
- I understand that AMKM reserves the right to refuse instruction to anyone not abiding by AMKM policies.
- I understand that AMKM reserves the right to cancel a class due to low enrollment numbers.
- Payment of the AMKM Annual Membership Fee is due at enrollment. This fee runs August 31st to August 31st annually and is not prorated or refundable. Tuition Fees are due the 1st of each month. Payments made after the 15th without a payment plan will be assessed a $15 late fee. A 30 day written notification is required for any student withdrawing from AMKM Gymnastics- failure to notify within 30 days will result in subsequent monthly fees, meet fees, and late fees being assessed to your account.
- I understand that AMKM is not responsible for lost items, stolen items, or unclaimed merchandise.
- I understand that participation in a gymnastics program involves risk and possible injury. I understand that AMKM and its staff will not be held responsible for injuries or illness sustained in class, while competing, or traveling to or from its facilities. I authorize AMKM Gymnastics, LLC to secure any emergency medical treatment my child might need. I understand it is my responsibility to inform the coaches of any medical concerns of which we should be made aware.
- I grant AMKM Gymnastics, LLC irrevocable permission to use my child's image and visual likeness in all forms and media for advertising, trade, and any other lawful purpose. I agree that all right, title, and interest in and to all such images and any reproductions or derivative works shall be the exclusive property of AMKM. I agree that AMKM does not owe me any compensation for the acts that I have consented to in this Section. I hereby release AMKM Gymnastics, LLC from all liability or legal responsibility that may arise from the acts that I have authorized or consented to herein. I have carefully read and understand the terms and conditions of this Section.

By signing below, I certify I have had sufficient opportunity to read this entire document and acknowledge it is my responsibility to understand the gym policies of AMKM Gymnastics as provided in the gym and on the gym website (www.amkmgymnastics.com) and agree to adhere to them. I have read and understood it, and I agree to be bound by its terms.

_____

Parent or Guardian Signature Date

AMKM Gymnastics

amkmgymnastics@gmail.com ~ **www.amkmgymnastics.com**