

Global Rhythmic Academy - Private Lessons

Policies and Pricing - Updated Spring 2023

Private lessons are for anyone interested in one-on-one coaching for specific skills, dance, strength, flexibility, acrobatics, or improving competition routines. Private lessons are a great way to improve technique, learn new skills and promote consistency in any gymnast or dancer. Privates are available to all ages and levels. Each lesson is created specifically for the student's level and goals. Private lessons will take place at Liberty School. If you would like a private lesson in a different location, please discuss this with your instructor.

Private Lesson Pricing

Beginner

- \$60 per 1 hour lesson

Intermediate (Competitive Dancers or Xcel Gymnasts)

- \$70 per 1 hour lesson
- \$100 per 1.5 hour lesson

Advanced (Team Level Gymnasts)

- \$80 per 1 hour lesson
- \$110 per 1.5 hour lesson
- \$150 per 2 hour lesson

Group Private Lesson Pricing

Beginner – 2 People

- \$80 per 1 hour lesson

Intermediate/Advanced – 2 People

- \$100 per 1 hour lesson
- \$140 per 1.5 hour lesson
- \$180 per 2 hour lesson

Instructor will determine level of student and charge fees accordingly. Please contact us for any pricing situations not listed.

Private Lessons are generally available Mondays and Saturdays:
Other days may be available. Please request.

How To Book a Lesson:

- Contact Global Rhythmic Academy: at info@globalrhythmic.com or contact coaches directly.
- Stephanie: call or text at (707)338-6075 or email sirephanie@gmail.com.
- Thea: call or text (707) 357-3631 or email thea21@yahoo.com.
- Send us your availability minimum 1 week ahead of desired lesson and we will work on scheduling a lesson. We will contact you to confirm.

All lessons must be booked a minimum of 1 week in advance to allow time to reserve gym space, plan lesson, and work around other scheduled Global Rhythmic classes and activities.

- Lesson time slots may be **reserved on a recurring basis**, (*i.e.* *every Monday 4-5pm until further notice* [cancellation policy applies – see below])

Payment Information:

Payment is due **Before the start of lesson.**

- Cash/Check
- Venmo/Paypal/Apple Pay

Late payment: Late payment for a private lesson is subject to **\$25 fee** and we will not be able to schedule additional lessons until we receive payment for previous lessons.

Cancellation Policy:

If you need to cancel or change the time of a lesson we ask that you notify us a minimum of 24 hours prior to scheduled lesson to allow opportunities for other students interested in lessons.

- **If a lesson is cancelled with less than 24 hours notice you will be billed for the cost of the planned lesson.**

- If you arrive late or leave early from a lesson you will be billed for the originally scheduled time.

- To cancel a lesson please call/text or email your instructor.

- Lessons canceled with 24 hours notice can be re-scheduled at no additional fee. Cancellation fee will be waived in the event of emergencies.

Dress Code-

Please follow the following dress code for Private Lessons:

Beginners/Intermediate- Girls- Leotard any color and style. Leggings, Tights or Shorts can be worn in addition. No shirts or baggy pants. Warm outer clothes may be worn for beginning warm up only. Socks, bare feet or toe shoes. Hair pulled back.

Boys- Fitted T-Shirt and fitted shorts/pants/leggings. Nothing baggy. Socks or bare feet.

Global Team Gymnasts- Follow practice dress code, fitted shirts or leotards. Leggings, tights or shorts. No baggy shirts/pants. Toes shoes required.

No brand logos or messages on clothing unless gymnastics/dance related. **No midriff/crop tops.**