

Friday Night Open Gym Rules

“Be excellent to each other.” -Bill & Ted’s Excellent Adventure

Instructors are on the floor to ensure everyone’s safety. If you need assistance, please ask for their help.

- Anyone showing signs of COVID will not be permitted into OPEN GYM and refused entry into the facility.
- Please walk, do not run on the gym floor.
- Be mindful of your surroundings, others may be performing stunts or gymnastic maneuvers.
- No gum, food, or beverages on the gym floor.
- No shoes or belt buckles on the gym floor.
- Physical or Verbal Harassment or bullying toward others (including staff) is grounds for removal.
- Foul or inappropriate language is prohibited.
- One person at a time on the trampolines.
- Do not run across the tumble track.
- Please leave the foam pit after jumping in.
- Open Gym participants must stay within the gymnastics side. Rock Climbing is NOT included.
- If an instructor asks you to stop doing something, please do so.

Failure to comply with these rules may be grounds for removal from Open Gym without refund.