

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.

- **NO** running on the gym floor.
- Do **NOT** cross across the air track or foam pit. Walk around these areas.
- Be mindful of your surroundings, others may be performing stunts or gymnastic maneuvers.
- **NO** games involving physical contact (including tackling or wrestling.)
- **NO** gum, food, or beverages on the gym floor.
- **NO** hats, shoes, or belt buckles on the gym floor.
- **NO** cell phones or outside toys (including balls) on the gym floor.
- Verbal or physical harassment or bullying toward others (including staff) is grounds for removal.
- Foul or inappropriate language is **NOT** allowed.
- One person at a time on the trampolines.
- Open Gym participants must stay within the gymnastics facility.
- If an instructor asks you to stop doing something, do so.

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