

When arriving for class please be sure that they are wearing appropriate attire for class.. For girls, a leotard is preferred (with or without gym shorts.) For boys, gym shorts and a fitted shirt. No loose clothing as this could cause problems and cause them to become tangled in their clothing. No jewelry or clothing with buttons or zippers. Hair needs to be pulled back or braided out of their face. Please do not put any hard clips or bows in their hair. Nails need to be trimmed to avoid injury. Please have a pair of clean socks to be worn on the trampoline. Please send a bottle of water with their name on it with them to each practice. Please do not arrive more than 10 minutes early for class.

Missed classes will not be able to be made up. If possible, please notify me ahead of time if your athlete will be absent. Please do not send them to practice if they are ill.

A few rules to remember: Please do not send food, snacks or drinks (other than water) with your child. If a treat is going to be brought for the whole class for a special event such as a birthday please let me know ahead of time. Please do not send toys, games, or other personal items.

Parents and guardians are welcome to stay and watch. Please keep in mind that sometimes this can be a distraction to your young athlete though. Space is also limited. Children not participating need to be always attended to and are not allowed to be on the equipment.

The best way to stay up to day and ensure you get reminders is to sign up for Remind 101. Please also keep the attached calendar handy to know when we will or will not have classes. I will also post at the gym.

Our goal is to provide a fun and safe place for your young athlete to learn and grow in their gymnastics skills. You can expect them to advance their skills and speed, but also their strength, grace, and flexibility. We will encourage hard work, discipline, and determination as well. We will do our best to accomplish all these things while keeping their time fun and enjoyable. We love watching each child grow every session and we thank you for trusting us with them and sharing them with us as well.

If at anytime you decide to withdraw from classes, I will need at least a 30 day notice. You will be responsible for tuition for any month your child is enrolled, even if they are not in class.

Cherylann Pyle*High Flyers Gymnastics*806-717-3354