



Rules & Expectations

Athletes may arrive 5min early for their class.

If they are the first class of the day doors will not be open until then.

Parents are allowed to stay and watch. There is an upstairs area for viewing. We do not allow the athletes to go upstairs during their class.

Space is limited.

Dress Code:

Please have them dressed and ready for class when they arrive.

For girls, a leotard is preferred (with or without gym shorts.) For boys, gym shorts and a fitted shirt.

- NO loose clothing is allowed, this can cause problems with them being tangled up and not being able to be spotted properly. It is a safety hazard.
- NO jewelry or clothing with buttons or zippers. This can become tangled in the equipment. They will be asked to remove it. We are not liable for lost, broken, or misplaced items.
- Hair needs to be pulled back or braided out of their face. It cannot be past their eyes. No hard clips or bows.

What To Bring:

They will need a pair of socks to be worn on the trampoline.

They can bring a bottle of water to be kept in their locker for breaks. Please do not keep their water with you upstairs as they are not allowed to go back and forth up and down the stairs during class time.

Please do not bring any personal items to class - no toys, stuffed animals, or other distractions.

- Athletes are expected to follow all gym rules and participate in designated activities.
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- Please be aware that gymnastics requires coaches to be very hands-on. We will have to spot them to teach proper technique and keep them safe. We must keep everyone organized and engaged to prevent chaos and injury. If they are not following instruction or being overly silly it can lead to injury. If an athlete continuously becomes a distraction to other students or will not follow instruction, we may ask them to leave the class.

