

Proper Attire and Hydration: Water bottles are allowed, but should be labeled and contain only water. No sports drinks, soda, or juice is permitted on the floor.

Gymnastic Girls: One piece leotard and shorts, bare feet. No midribs exposed, no socks, and no jewelry (small single stud earrings are ok). We recommend leotards for the safest work out, but form-fitted athletic clothing can be worn as well. Hair pulled back off the face and neck.

Gymnastics Boys: Athletic clothing, nothing baggy. Shirts tucked in if too long. Bare feet. No socks, buttons, buckles or zippers. Long hair should be pulled back off the face and neck.

Tumbling students: Athletic clothing, nothing baggy, and bare feet, Shirts tucked in, no midribs exposed. Long hair should be pulled back off the face and neck.

Baby Sharks and Guppies: Athletic clothing for both parent and child (girls can wear leotards). No socks for the child, parents may wear socks, no shoes.

Entering/Exiting Gym: Entering the building. Our main entrance is on the side of the building that faces the Holiday Inn, door H. Coming 5 minutes early is ideal, so your child can get acclimated to the gym environment. Being late to class can cause anxiety and the child will miss out on important instruction at the beginning of class time.

When you arrive, walk through our vestibule and into our main gym. To your right you will see our Main Lobby, at the back of the lobby by the windows is our receptionist desk. Here you will find Sandy, Michelle, or Joy ready to help you out. To your left, there are picnic tables and additional bathrooms. Continue down this walkway to our 2 large dance studios and Dance Spectator seating. We ask that you limit this area to dancers and their families only. We have limited space and the dancers often need to change their shoes between styles of dance.

Make sure you stop by our "step and repeat" banner and take a picture of your child's first day of dance or gymnastics. Make sure you tag us so we are included in all the great photos of our happy students!

Getting to know your child's instructors: Lakeshore's staff is continually being educated in our field. Keeping up to date on the safety and training of your athlete. We are sure to introduce ourselves to each class when on the gym or dance floor, but we understand if your child forgets during their very busy practice. Feel free to introduce yourself to our staff as you arrive or leave after class. Your child's instructor names are listed in your parent portal under their class if you ever forget.

We are here to help you, so if you have any questions you are welcome to approach your child's coach before or after class. If they have to run into another class, please stop by our desk and speak to the receptionist. We can get the message to your child's coach or the person who can assist you.

Let our staff have the class's attention: Gymnastics is a sport that requires focus from both student and athlete. Just as important is trust between child and coach. Let us care for your child while they are in the gym. Calling out from the sidelines can create a distraction to the child, coach, and class. We ask that you refrain from coaching or yelling out instructions to your child during class time. However, you may speak with our receptionist if there is a concern. Talk with your child's coach before or after class if you have questions on the activities we are doing or insight on how to best handle certain situations with your child. If the staff is not available to talk, please see our receptionist and we will email or call you after classes to discuss.

Level evaluations: We are always looking at our students' skill level to make sure they are in the correct class/level. We look at many factors when placing students at the appropriate level. They have to be physically, mentally, and emotionally prepared to move into another level. Moving into a higher level before ready can lead to injury, regression, poor self esteem, and will eventually lead to the child giving up on the sport.

It is most common to stay at the same level for a year on average. This sport has high physical requirements to perform skills. Every child develops physically in different ways and at different times. Please don't judge your child's progress against any one else in the class. Some will progress quickly and some more slowly.

For all our athletes, incorporating additional work at home is extremely beneficial. Doing daily work such as sit ups, push ups, and stretching as well as maintaining proper nutrition can help your child progress faster. Be patient, gaining new skills is not instant. Keep at it and don't give up!

Be patient: If your child is tentative to come out on the floor, we suggest sitting with them on the sidelines without pressuring them to come out on the floor. Especially with our youngest gymnasts the more we push, the less they want to come out. Sometimes a child is overwhelmed with the size and sounds of the gym or are shy and nervous. We have had little ones sit on the sidelines for over a month and then one day suddenly run out on the floor and participate in every activity. Be patient, we are happy to help them through it!

Welcome to Lakeshore:

Classes begin June 10th
Classes end August 10th

Thank you for joining the Lakeshore Family!
We are excited to get the summer started, get to know your family, and our athletes.

At Lakeshore Dance and Gymnastics we train athletes who are well rounded physically, mentally, and emotionally within a family friendly atmosphere.

We are excited to see all the progress that can be made in your child when teaching proper technique and safe progressions with kindness and knowledge.