

Helpful Information & Reminders

Welcome to recreational gymnastics! We're thrilled to have your child join the recreational gymnastics program, where they will have the opportunity to try new skills, build confidence, and have fun in a safe class structured environment.

To help your child get the most out of each class, we would like to inform you of the following:

ATTIRE

- **Clothing:** Please have your child wear a gymnastics leotard or fitted athletic attire (Please note: no jeans or clothing with buttons, strings, zippers, or tights. Leggings are ok.) Loose clothing can get caught on equipment which can result in serious injury, so we ask that all attire be form fitting.
- **Bare Feet:** For safety reasons participants should be barefoot. Socks, shoes, and tights can make it easy to slip on mats and equipment which can result in serious injury and cause damage to the equipment.
- **Jewelry:** For safety reasons, jewelry should not be worn during class participation. These items are including but not limited to the following: necklaces, chokers, bracelets, anklets, rings, dangling and hoop earrings. Wearing jewelry during class can result in serious injury and damage to the equipment. Exceptions: small stud earrings are ok
- **Hair:** Please ensure that all hair is tied back and secured off the face, neck, and shoulders. No half-up/half down hairstyles including but not limited to short to medium hair lengths. Proper hair arrangement is crucial to avoid distractions and improve visibility during practice.

Viewing Area Behavior

We appreciate your enthusiasm for gymnastics and the energy you bring to the facility! We kindly want to remind everyone that the viewing areas both in the lobby and upstairs are not a designated area for practicing gymnastics skills or horseplay. For safety reasons, all gymnastics activities must remain within the gymnastics training area under the direct supervision of trained staff. This ensures that these areas remain a safe and welcoming space for everyone and minimizes the risk of accidents and injuries.

Cellphones and Electronic Devices should be on a setting so as not to disturb others. Use headphones or Bluetooth earbuds while indoors please.

Toddler and Pre-school age classes

These classes are designed to introduce children to gymnastics class structure and along with the help of their parent or guardian develop loco-motor, social, and listening skills. Please note that additional siblings and adults are not permitted to participate in the class. If there are additional children being brought to the facility, they must be under adult supervision, and/or a guardian must be present.

This helps us maintain a focused and secure environment for both children and guardians participating in the program. We greatly appreciate your understanding and cooperation in adhering to this safety guideline.

All Class Participants

- Staff supervision begins at the start of each child's scheduled class and ends immediately after class instruction ends. We kindly request that parents and/or guardians be responsible for supervising their children before and after class time, as staff cannot provide supervision outside of these hours. We do not offer daycare services, and it is important that all children are picked up promptly at the end of their class. This helps our instructors have a moment to recharge and prepare to give their full attention to their next group of students.
- Thank you for being so involved in this gymnastics journey! We love seeing families engaged and supportive. To ensure a positive and safe experience for all students, we ask that parents and/or guardians allow our instructors to lead the class and to refrain from offering guidance or correction during class time. When parents and/or guardians try to "coach" from the sidelines, it can disrupt the child's focus and take attention away from the instructor's guidance, which is crucial for both learning and safety. Our instructors are trained to deliver instructions in a way that supports safe progress and builds a child's confidence.

Health and Safety

- **Safety:** Our students' safety is our top priority. The facility is open to the public. As such, we ask that all parents and/or guardians accompany their child into the building and await the class to be called in. Additional children must always remain with their parent and/or guardian. We also ask that parents and/or guardians that have stepped away during class time to please make sure they have their emergency contact information up to date and to come inside the building to pick up their child at the end of class. We cannot allow class participants (not including adult class participants) to leave the building unaccompanied.
 - In addition, for the safety and comfort of all children, our staff is not permitted to assist children with bathroom visits. Please make sure your child has used the restroom before the start of class. If your child needs to use the restroom during class, we request that a parent or guardian be available to supervise and/or assist them.
- To maintain the health and safety of staff, students, and families, we kindly ask that the below guidelines be followed:

- No animals allowed in the building, exception to service animals specifically trained to aid a person with a disability
- If your child is experiencing flu-like symptoms (fever, cough, sore throat, body aches, etc.), please allow them time to fully recover before returning to class.
- If your child is being treated for lice, we ask that they remain home until they are lice-free for a minimum of 24-hours.
- If your child has any other contagious illness (such as pink eye, strep throat, stomach virus, etc.), please ensure they are symptom-free and no longer contagious before attending.

We understand that missing class can be disappointing, but these precautions help protect all who enter the facility. If your child misses' class due to illness, please let us know.

Recreational vs Competitive Team

To help parents and/or guardians understand the distinction between recreational and competitive gymnastics please read the below information:

- Recreational gymnastics classes are designed to introduce students to fundamentals of gymnastics in a structured and fun setting. This program focuses on developing physical fitness, body awareness, coordination, and confidence through structured, skill-based activities that are age appropriate and enjoyable. Recreational gymnastics is best for those who want to experience the joy of gymnastics without the commitment and intensity of competitive training. While recreational gymnastics can lay the foundation for athletic skills, it is not intended as a direct progression to the competitive team.
- Competitive Team Gymnastics is geared toward athletes who are interested in a more rigorous training regimen. Preparing the athlete for competition and progression through various competitive levels. This program involves significant time commitments, extremely structure training schedules, and participation in competitions, which requires both physical and mental readiness. Admission to competitive team gymnastics is typically through evaluation of strength, skills, dedication and by invitation only.

Thank you for helping us maintain a safe environment for all participants. We look forward to a wonderful upcoming gymnastics session!