

Please Review these rules with your child before they begin classes!

Gym Class General Safety Rules

- No chewing gum, food or drinks are allowed in the gym, with the exception of water bottles. Any water bottles must stay in the cubby area.
- No jewelry (stud earrings are allowed), NO shoes, socks, loose or baggy clothing, jeans, or skirts during classes. All hair must be pulled back away from the face.
- **All participants must wait in the Lobby area until called onto the floor by their instructor.** Parents & Siblings are not allowed in the gym unless they are participating in the Parent & Me classes.
- Before, during, or after classes, no one is allowed on the equipment without an instructor.

Gymnastics Class Rules

- Always stay with your instructor. If you need to go to the bathroom, get a drink, or go to your parent during class, please ask your instructor's permission. The instructor will also give you a break halfway through the class if anyone needs water or a bathroom break.
- Use your "inside voice" while in class—no screaming or yelling, please!
- No running in the gym. Always walk around the edge of the floor mat or other equipment as instructed to do so by their teacher. Please be aware of other classes while walking around the gym – 'Look both ways, like you're crossing the street!'
- All gymnasts must keep their hands, feet, and bodies to themselves.
- Never use or hang on any equipment unless your instructor instructs you to do so.
- Only one person at a time on the equipment unless instructed otherwise.
- Always land on your feet unless instructed to do otherwise.
- Keep a safe distance from others in the class, so you do not get kicked or injured while someone else is attempting a skill.
- Do not walk under any equipment while someone else is using it
- Do not climb or hang on legs of beam or bar cables
- Only use the equipment as instructed by your instructor, follow their directions exactly. If you do not understand any directions, please ask your instructor to clarify.
- No flips are allowed, unless instructed to do so.
- Do not attempt any new skill by yourself! Please ask an instructor if you need help, or need a spot!

Tumble Track Safety

- Jump in the middle of the tumble track.
- Only one person at a time.
- There will be no use of the tumble track without instructor supervision.
- Never go under the tumble track
- Follow the instructor's directions carefully when using the tumble track.

Pit Safety

- Please jump/slide/dismount into the pit feet first, and one at a time.
- Please be aware of any others that are in the pit, and do not jump on any other students.
- Do not throw pit blocks at another student/teachers' face, or throw any in a forceful manner.
- No flips are allowed into the pit unless your instructor tells you to do so.
- Follow all instructors' directions about entering and exiting the pit.