

## Welcome to First Class Gymnastics!

We look forward to serving you in your gymnastics endeavors. We have put together some information that you will find helpful. Please take some time to review these points. If you have any questions or concerns, please contact our office at 487-1422. Thank you and we hope you enjoy your gymnastics experience with First Class Gymnastics.

- 1.) All children should wait inside of the building before and after classes.
- 2.) Wear proper attire for class. We suggest a leotard or shorts and a T-shirt tucked in for girls. Bare midriffs, short shorts and sports bras are **unacceptable**. Shorts and T-shirts for boys (not oversized) tucked in.
- 3.) All children should be bare foot.
- 4.) Girl's hair should be pulled back away from the face in a ponytail for many safety reasons. No big jewelry (i.e. hoop earrings, necklaces, bracelets, or rings). Do NOT bring any valuables to the gym. First Class Gymnastics can not be responsible for lost, stolen or damaged jewelry.
- 5.) Please refrain from body lotions prior to classes. These may cause damage to the equipment and cause hands or feet to be slippery.
- 6.) No food or drink in the gym. Especially GUM!!!
- 7.) Be sure to arrive on time. Warm-up is the most important part of you class. And you may miss something fun!
- 8.) No one is allowed in the gym without their instructor!
- 9.) Parents are not allowed in the gym during classes. Please wait in the designated viewing area.
- 10.) Do not communicate from the balcony with the children while classes are in session. This is a big distraction for the entire program.
- 11.) Pre-school children may not be left unattended. Children attending *Parent/Tot* classes must have a parent or guardian in attendance. Parents or guardians of children attending *Pre-School* classes do not attend class but must remain in the building.
- 12.) Our policy for make-up classes is as follows: We will not allow make-up classes only if First Class Gymnastics closes due to weather. We do not allow make-up classes if you miss because of sickness or other reasons. If we close due to weather, we will announce it on the following radio channels (WKRZ 98.5 & Froggy 101.3) or call the office.
- 13.) First Class Gymnastics will be closed on the following days: November 24, December 24 & 31, and April 14.