



What to wear and bring

Generally anything comfortable but not too loose. Shorts (with no zippers), tank tops, and of course leotards are all good. We do sell leotards, but they are purely optional for non-competing gymnasts. *Team gymnasts are required to wear a leotard.*

Shoes need to be removed before starting class and stored in a locker. All jewelry including rings, bracelets, watches, earrings and large hair clips must be removed (small stud earrings are acceptable). Long hair should also be tied back so as not to impede vision.

Fees Policy

All Parents and Guardians must pay tuition fees (and annual registration fee) by the second class. Class numbers will be limited so those who pay first will have a permanent position in the class of their choice. Fees can be paid by cash, check, money order or Credit Card (Credit card payments can be made on our website.)

Makeup Classes

If you are unable to attend a scheduled class, you may request a makeup class.

Gym Safety Rules

Legally we are required to warn you that any activity involving height and motion, such as gymnastics, can result in serious injury, paralysis or death. While we have taken above average precautions and padded all the potential danger areas, gymnastics is an inherently dangerous activity and you and your children are advised that you undertake the activity at your own risk.

1. Rule #1 in the gym is that no one is allowed to get hurt. That means no one is allowed to do anything that might get themselves or anyone else hurt.
2. Please come to class ready to participate and wait on the benches by the door for your class to begin.
3. Students may not leave the building without a parent/guardian at any time. *(please come in to pickup your child so that we know they are safe).*
4. No shoes on the gym floor. Please put your shoes in a locker.
5. No chewing gum, food or drinks in the gymnastics area.
6. Spotting is to be done by coaches only. No student or parent spotting of gymnasts.
7. No cell phone use during class without permission from coach or instructor.
8. Those not enrolled in a class are not allowed on the gym floor or equipment.
9. Parents, siblings and spectators are allowed to watch class from the upstairs balcony. Please refrain from yelling out to or communicating with your child during class.
10. Please do not allow children to stand on the chairs upstairs.
11. Please be respectful of your coaches and/or instructors and encouraging to your classmates at all times.