

GYM GUIDELINES

To ensure your child receives the maximum benefit and enjoyment from their classes, PLEASE:

1. Arrive on time - circle time and warm up activities are an important beginning.
2. Stay with your child until the coach calls the class out to begin.
3. Stay during the class if your child might require assistance with bathroom visits or other needs.
4. Ensure your child is appropriately dressed - body suit or shorts/pants with elastic waist and t-shirt, bare feet, long hair tied back, watches and jewelry removed.
5. Bring a water bottle which can be easily identified as your child's.
6. Try to on time for pick up after class.
7. For safety reasons - encourage your child to leave the floor immediately after class.
8. Speak with your child's coach (or the appropriate coordinator: Preschool - Colleen, Recreational - Rita, Head Coach - Jodie) if you have *any* questions or concerns.