

# GYMNASTICS INFORMATION

## For Parents & Students

### Program Coordinator

Kim Miller

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\*If you have questions, concerns or comments, please feel free to contact the coordinator!



**Thank you for the opportunity to teach your child! We hope you find our gymnastics program to be beneficial to the development of your child. We strive to provide a fun and safe learning environment in which children of all ages and abilities can develop the skills necessary to excel and enjoy this sport. In so doing, please read the following information to assist us in your child's success.**

- Please note that each child learns at a different pace and it is not unusual for a student to repeat a level for several sessions. Because skills build upon each other, it is imperative each student has a good foundation and has mastered the skills necessary in each level before advancing to the next. (See reverse for skill progression.) Please do not hesitate to reach out to your instructor if you have any questions about your child's progress.
- Participants should wait in the viewing area outside of the gym for their instructor prior to their class. No children will be allowed in the gym or on the equipment without the supervision of the instructor. Your cooperation in this matter is greatly appreciated.
- Parents and spectators are asked to observe class from the viewing area only. For the safety of all involved, no parents/spectators are allowed in the gym during class. We offer a "show-n-tell" time during the last class of the session at which time pictures/video may be taken. Out of courtesy and respect, please wait to take photos/video during this time.
- Apparel for class should be comfortable and should easily allow for movement. Leotards, shorts and t-shirts are recommended. Jeans and similar attire are too restrictive and hard on the equipment. If tights are worn, they must have stirrups or stop at the ankle. Those that enclose the foot are conducive to slipping.
- No jewelry allowed; please remove before class.
- Hair must be pulled back.
- No food or drinks are allowed in the gym.
- If a child misses a class due to illness, you may schedule a make-up class through the program coordinator within the same session. Classes that are full are not eligible to be used for make-ups. You may make-up classes only on a space available basis.