



GYM RULES

1. No one is allowed on equipment with out a coach present.
2. Always listen to instructor and follow directions.
3. Please wait in the observation area for your instructor to start your class.
4. Wear athletic clothing when participating- no snaps, buttons, zippers or jewelry please.
5. Have long hair pulled back.
6. No candy, gum, food or beverage in the gym.
7. Know your limits- do not attempt new skills without a coach's permission.
8. Stay with your class at all times.
9. Have FUN!!!!

*** WARNING! Gymnastics is, by its nature, a dangerous activity. Risk can be reduced using proper coaching, equipment and progressions, but the risk of injury (including catastrophic injury or death) can never be eliminated. ***