



PRESCHOOL/KINDERGARTEN GYM RULES:

1. Gymnasts are encouraged to wear a leotard / biketard to practice. They may choose to wear shorts or leggings with it. (Boys should wear compressions shorts/shirt).
2. The gymnasts should be dressed and ready to go upon entering the gym after the students are called by the coach.
3. No Plastic headbands may be worn (only elastic type).
4. No jewelry may be worn during classes.
5. Gymnasts must have their hair up prior to joining the class.
6. Gymnasts should enter the gym bare foot. Shoes are NEVER to be worn into the gym with the exception of the coaches.
7. Gymnasts may bring a water bottle to class. It is a good idea to label it with their name.
8. All classes start and end on time.
9. The restroom needs to be used BEFORE class.
10. Gymnasts must keep their hands and feet to themselves during class time.
11. No disrespectful or hurtful words are allowed in the gym.
12. Gymnasts must show encouragement and support to fellow gymnasts.
13. Gymnast will wait their turn in line. Everyone will get a turn.
14. Parents or other adults should not be in the gym during classes with the exception to the Parent-Tot class. It creates distraction for the young gymnasts.