

Gym Policies & Procedures

Welcome to Gymnastics East! In order to serve you and your child in the best possible way, we ask that everyone observe and follow these policies and procedures. Classes begin on Thursday, Sept. 5, 2019!

Gym rules:

For everyone's safety and due to insurance regulations, adults and children not in class are NEVER allowed in the gym area or on any equipment.

Bathroom Policy for parents of 3 year olds

In accordance with USA Gymnastics rules and regulations and our insurance requirements, parents or care-givers of Grasshoppers (3 yr. olds) must remain in the building during class time in case bathroom or out of class care is needed.

Bathroom Policy for parents of 4-6 year olds Parents or care-givers of Crickets, Bumble- bees and Hummingbirds (4 - 6 year olds) must remain in the building during class time IF your child needs assistance using the bathroom OR IN BELLEVUE needs assistance to go downstairs, follow the path to the gym bathroom and return upstairs to class.

Arrival and Departure

1. Children may not be dropped off earlier than ten minutes before their scheduled class nor picked up later than ten minutes after the class has ended. Parents of kindergarten aged children and younger are recommended to wait in the building during class.
2. Children who are not participating may not be left at the gym without parental supervision.

Attire

1. Girls can wear any type of leotard. Footless tights are optional. Students may go barefoot or wear gymnastics shoes. **Please have long hair tied back.** No hard balls or barrettes. No jewelry, including knotted strings, beads, nylon bands, anklets and similar may be worn during class with the exception of studded earrings.
2. Boys wear T-shirts and shorts with no buckles, snaps or zippers.
3. All T-shirts should be tucked into pants.
4. No gum chewing, eating or drinking (other than water) during class. Water bottles are allowed.

Make up classes

1. Due to space limitations we are unable to provide make ups in our regular classes. Open Gym will be offered some Saturday nights during the School Year Session and some Friday nights during our Summer Session at both locations for Kindergarten through Middle School. Sign up in advance at the front desk, no drop-ins please.
2. For Parent Tot and Pre-school age classes, please contact the gym you attend for makeup opportunities.
3. We do not prorate or refund for missed classes.

Observation

1. **No parents or siblings allowed in any gymnastics area.**
2. Observers are welcome at any time. Preschool parents please use good judgment. If your child is being distracted by your presence, it might be best not to watch the class. You must remain in the building.
3. Please remain quietly in the designated viewing areas while observing. Keep other siblings with you. Please do not loiter on the stairs.
4. Please do not talk to your child while he/she is in class.
5. We encourage parent/teacher communication. Feel free to talk with your child's teacher after class or leave your number with the office so an appointment can be arranged.
6. Absolutely no sitting or climbing on viewing area barriers.

Advancement

1. Every student should feel challenged. Students are moved up when they have mastered the skills at their level. Move up skill requirements for each level are posted on the bulletin board. All students must be tested and approved by a senior instructor before moving to the next level. When your child is ready, his/her instructor will recommend arranging a test. Please feel free to discuss your child's progress with his/her instructor.

Move-Up Requirements are available on our website and in each gym lobby.

Payments and Registration

1. NSF checks receive a \$25 fee. If a credit card is rejected, there is a \$10.00 fee.
2. Additional registrations will be given a 10 percent discount off the least expensive class. This does not apply to any team members or team member siblings.
3. Our school year session runs consecutively from September 5th thru June 27th, 2020. **You are automatically enrolled and responsible for payment through June 27th**; however, you may withdraw at any time by providing the office a minimum 1 week or greater notice. You must register separately for summer session.

Annual Fee

1. There is an annual membership fee of \$60 per family.