

SUMMER OPEN GYMS

Open gym is a non-instructional time for your child to practice skills independently and play with new kids of all ages in a fun and safe environment. Supervising coaches are CPR/ First Aid certified. Open Gym 6yrs—8th Grade Tiny Tot Open Gym 4-7 years

See Website for Dates/times
www.gymeast.com

Details:

\$20/per athlete paid online

Create an account register online

Can be used as a make-up class

Cancellation is required within 48 hours of your scheduled Open Gym date to receive credit or a make-up token back to your account. If you cancel within 48 hours of your Open Gym scheduled date, there is no credits.

Open gym tips and guidelines:

- Tie all long hair back and remove socks/shoes and place in a cubby.
- Foam pit (Bellevue Gym) is not available during open gym.
- One person on the trampolines and rings at a time.
- No jumping off equipment to swing on rope.
- Only coaches and students are allowed on the gym floor.

Balance. Power. Precision.



Jump on the tumble trak
Practice a cartwheel
Balance on the Beam
Swing on the bars

