



# NYC GYM KIDS - 2009 GYMNASTICS GUIDELINES



□ 380 Rector Place, NY10280 □ 149 Christopher St, NY 10014  
(347) 622-1009 - [www.nycgymkids.com](http://www.nycgymkids.com)

## **BIG KID GYMNASTICS GUIDELINES (3 - 8 years)**

**Please know that these guidelines are intended to help your child get the most out of their experience at GYM KIDS.**

- Only those children registered for class may participate in class. Siblings and friends are not covered under insurance and must remain on the couches provided. **NO EXCEPTIONS.**
- Please arrive at least 5 minutes prior to class start time. This allows your child to prepare for class - physically, mentally and emotionally (taking off shoes, saying hello to teachers and friends, hearing gentle reminders about safety, using the bathroom, etc...). It also allows us to begin on time and give each child a full 50 minutes of learning and fun.
- BIG KID classes begin with a warm up. Warming up is essential to your child's safety and progress in this program. Those arriving late disrupt the class and endanger the other students. Please sign up for a class day and time where this will not be an issue.
- Children arriving after the warm up will not be allowed to participate and will need to take an absence. It will be counted as one of the two make up classes that we offer per session. Scheduling a make up class for this type of absence will need to occur at your **NEXT CLASS**, as the teacher(s) will be fully engaged with keeping children safe and moving.
- Grown ups are welcome to stay and observe class. We ask that you do not "coach" from the couch.
- If you intend to leave and come back, an adult that you feel comfortable with must be appointed to your child in case they need to use the bathroom. Please let your child's teacher know who that person is before you leave.
- Children need to wear comfortable, movable clothes. No skirts or dresses are allowed - no jeans or pants with snaps, buttons or zippers. Long hair in a pony tail. No street shoes on any of the equipment at any time. Children will be barefoot during class.
- No food is allowed in the space. Please snack before or after class. Bottled water is okay, but must stay by the couches.
- Please be sure to read the make up policy through at the beginning of each session. Your child's safety is always our first concern.