

RCCGC GYM POLICIES AND PROCEDURES 3/1/16 Update

Classes:

- No tumbling, running or horseplay while waiting. **Parents must supervise siblings waiting on the bleachers. Do not allow your other children to be in the pit, on the floor, or in the school hallways.**
- Please encourage the younger children to use the restrooms prior to class so they are not losing valuable class time using the bathrooms.
- Please allow our instructors to instruct the class and your child; there is a progressive curriculum and skills for each level. Do not try to talk to your child during class. It is important for them to keep their focus and attention on the class goals.
- No gum, food, drink (besides water) in the gym. You may use the tables in the hallway if needed.

Apparel:

- Girls- Must have hair back and off face for safety. Leotard, shorts, leggings or tight shirt works fine. Please do not wear loose clothing, jeans, buttons, or sports bras for class due to safety.
- Boys: Shorts and shirt, or sweatpants and shirt. No jeans or pants and shirt with buttons.
- For your child's safety, please no jewelry is allowed during class. Stud earrings are fine but no dangling earrings.

Parent Info:

- Parents must be respectful and supportive towards all coaches and staff in the program.
- Payments can be done through payschools or cash or check. Installment plans can be set up for classes if planned during sign up.
- You are welcome to watch but please do not communicate with your child when they are on the equipment for their safety and ability to learn from the coach. As a parent, it is not your responsibility to coach and/or instruct your child during practices. This job must be left up to the coaches.
- Wifi is available in the gym and password is available if you speak with a coach.

