

What do I do on my first day?

Bring a water bottle. Have hair tied back. Put your personal items including hand sanitizer in a backpack which you will keep with you throughout the class. Use bathroom before class if needed. You will be directed to a personal space area upon entering the gym. Take off shoes and put in your backpack. Use your hand sanitizer. Talk with classmates or stretch; there is no tumbling or running around before class begins.

Coach will begin warm up! Water breaks will be given during class as needed.

Class closes with handouts for all and stamps for the younger students.

Please come to the gym door for pick up at the end of class. Students are our responsibility while on our premises. No child will be permitted to wait outside for a parent due to our busy parking lot and other safety reasons.

Parking lot We share parking with the Dance Theatre. Entrance to our lot is by the Marquee sign. Exit our lot one way by driving around the back of the building and out the exit. There are extra parking spaces at the back of the building. Please do not park at the Animal Hospital next door.

Dress Code Girls - A leotard (no tights unless footless), gym shorts or yoga pants are permitted, hair pulled back and bare feet. No bare midriff. No jewelry except post earrings.

 Boys – Form fitting shorts or gym pants, T-shirt or singlet and bare feet