



The Children's Gym
Gymnastics

1625 NE Sandy Blvd. Portland, OR 97232
503.249.5867 (JUMP)
www.childrensgym.com

September 2011-June 2012

Gymnastics Class Etiquette ***Proper "Things To Do"***

- Have your student dress properly in appropriate attire. Required attire is as follows:
Female-Leotard
Male-Athletic clothing with shirts tucked in
- Hair must be neatly tied back.
- No jewelry or other distractions.
- Do not chew gum or candy in class. Also, no food or drink on the gymnastics floor.
- Try to arrive early and encourage your student to use the rest room before class begins. Restroom breaks can become "contagious" and disrupt the quality of your child's class.
- Students must be barefoot in the gym. Only footless tights are permitted within the gym.
- Students are not allowed into the gym area, floor or equipment until they have been invited in for their class. Please also keep siblings out of the gym area and off the blue gym flooring and equipment.
- Children will be called in for classes at the East end of our building near our entry door.
- Children must remain off equipment and out of the gym space once they have been dismissed from their class.
- 3:30pm and later classes-Children in Tiny Tumbler 1s, Tiny Tumbler 2s and Tiny Flippers will be dismissed from class at West end of our building, near the snack bar. It is your responsibility to meet your child there and make eye contact with their coach. If you have older children in class they will be dismissed at the East end of the building.
- During classes adults are free to view classes from 1 of our 3 viewing areas. We ask that viewing is not done by standing in the pathway bordering the gym as it will get too congested and limits mobility between viewing areas. It is also a safety hazard for both children and staff. Please refrain from speaking to the coach and speaking/making corrections to students during classes.
 - *1-The East end of the gym by our entry door
 - *2-The Middle of the gym facility easily identified by chairs and signs
 - *3-The West end of the gym near the snack bar

Adhering to the above guidelines will help provide an atmosphere for learning. Failure to follow these polices could result in the removal of children from their classes. Thank you giving us the opportunity to teach your child.