



# JOYS Gymnastics

## CLASS GUIDELINES

Gymnastics is one of the greatest overall body conditioning activities your child could experience. Some physical attributes you will find developing in your young gymnast will be strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, agility, balance and grace. Some of the mental attributes we hope to help them develop are positive self-image, self-motivation, tenacity, patience, goal setting, courage and teamwork.

### GENERAL SAFETY RULES

For the safety of our students and instructors: Spectators are not permitted on the gym floor at any time unless requested by their child's instructor. It is very important that parents not attempt to interact with their child while they are in the class. Please do not coach them, discipline them, or engage them in any fashion while they are with their instructor on the gymnasium floor (if they need to use the restroom we will send them to you; if they need their ponytail re-done we can do it). Constantly running back and forth to their parents causes a great distraction and a safety issue to the students and does not allow our instructors to do their jobs.

To keep our students safe, parents and students should be familiar with the following rules. Please insure you review these rules with your child.

- Only children enrolled in the program are allowed on the gym floor or equipment.
- **Students are not allowed on any equipment before, during, or after class without an instructor present to supervise them.**
- Students must walk from event to event being careful to stay with their group and out of the way of other students. Extra caution should be exercised when crossing any other equipment area where students are practicing.
- Students should not enter or leave the gym area without permission from an instructor. We suggest using the restroom before class. If necessary to use the restroom during class time, students must let their instructor know before leaving, so their instructor can keep track of them.
- If you are providing your child with a beverage (we recommend water or a sports drink) it is a quick drink ... it is not time to sit and chat (and please no snacking)
- Students should report any injuries to the instructor and always tell the instructor if they are feeling sick or hurt.



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- Students must listen to and follow their instructor's directions.
- Students should never try a new skill without an instructor's spot or guidance, and should never attempt to spot a fellow classmate, nor let a fellow classmate spot them.
- Comfortable play clothes may be worn; no jeans, jean shorts, footed tights, sweat pants, or items with zippers or buttons are not allowed as these are unsafe for your gymnast and our instructors.
- All shoulder length and longer hair must be tied back from the face - do not use fancy pony tail holders – students have to be able to roll over the back of their head. If your child's hair can interfere with their vision, it needs to be pulled back.
- No jewelry of any kind (watches, necklaces, bracelets, or dangling earrings. Jewelry can easily get caught on things and be broken or cause injury to your child or their instructor
- Students are not allowed to chew gum, use cough drops, or eat candy while practicing.
- Please be on time to your child's class so they can participate in the vital warm-up activities.
- **Parents/Guardians are responsible for the safety and conduct of their child/children in the lobby play area and viewing areas.**
- **THERE ARE NO UNSUPERVISED CHILDREN ALLOWED IN THE LOBBY PLAY AREA!**
- **No running, gymnastics, or horseplay in the lobby play area or viewing areas.**

**WEATHER POLICY** We do not follow the policies of the South Bend School District (meaning if they cancel school, we will not automatically cancel classes) OUR policy ... the most important priority is your safety, so while we may be open and having classes-if you do not feel safe driving to the gym . . . stay home! If we do cancel classes, we will post this information on our website and our Facebook page. IF we cancel classes, we will schedule a make-up class; or you may come to any other class offered for your child's age group during the session.

**REFUND POLICY** No refunds or credits are issued for individual classes missed.

**MAKE UP POLICY** If your child misses a gymnastics class, they may make up the class at any time during the current session.

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