



Gymnastics Handbook

SAFETY

We want every child to have a fun & safe experience at Selah GymKids. Please review our Safety rules with your child.

1. Only instructors and class participants are allowed in the Gym area.
2. Participants must wait in the bleacher area before and after class.
3. Parents are required to supervise their children in the bleacher area.
4. Equipment is for instructors and children only.
5. Parents and children are required to follow instructors directions at all times.
6. Mouth must be free of food or gum before coming out to gym area.
7. For class, please wear stretchy comfortable clothing , bare feet and long hair should be pulled back .
8. Appreciate the Risks involved with motion.



While safe behavior and proper teaching progressions can help reduce the frequency and severity of injuries, injuries cannot be prevented. Parents are asked to assist in warning their children of the potential risks involved in gymnastics activities, to only perform skills they have been asked to do, and the importance of following the instructors directions.

9. Parents are responsible for their children before and after class time.
10. Children must stay in the building until a parent or authorized adult picks them up after class.

Thank you for your assistance and cooperation!

PARENT VIEWING AREA

“Can we stay during our child’s class?”

Parents are always welcome to stay and observe their children’s classes. We provide cubbies for your child’s shoes, socks, coats, etc. Please supervise your children and help us keep this area clean for safety reasons. Our “Lost & Found is in the back of the viewing area. We provide a Parent Information center with upcoming events posted.

We highly recommend regular attendance in your child’s scheduled classes. Your gymnastics tuition will not be adjusted for any missed classes.