



Gymnastics Policies

In order to make each class run as smoothly as possible, please help us by reading the following and making sure your child is aware of our policies:

- **Clothing** – The following clothing is acceptable:
 - Beginning & Intermediate Girls Classes
 - Leotard is required. A one-piece bathing suit or dance leotard (no skirt attached) is appropriate as well.
 - Athletic shorts are acceptable with leotard (no jeans or pants that drag on the floor, or tights that cover your child's feet)
 - Boys Classes
 - Boys should wear a t-shirt tucked in with athletic shorts. No buttons, zippers, or long strings on clothing.
 - Preschool Classes
 - For girls, the clothing listed above for girls classes is preferred. A tight fitting top or t-shirt that can be tucked in is also acceptable with athletic shorts or leggings. No skirts please.
 - Boys should wear a t-shirt tucked in with athletic shorts. No buttons, zippers, or long strings on clothing.
 - Parents enrolled in the parent tot class should dress comfortably and plan to be barefoot or wear socks.
 - Tumbling & Middle School Girls Classes
 - A leotard or yoga-type clothing is preferred. A t-shirt tucked in with athletic shorts is also acceptable.

- **Hair** – Hair should be pulled back into a tight ponytail. If hair is not long enough, clips should be used to ensure that hair stays out of the eyes. Hairspray is recommended. Please do not wear bows, headbands, or any other hair pieces that will affect your child's ability to roll upside down.

- **Jewelry** – Please take all jewelry off prior to class. Jewelry can be dangerous to your child while doing gymnastics, and can affect the coach's ability to safely spot your children. We are not responsible for lost jewelry, and it is best to leave this jewelry & any other valuables at home.

- **Cell Phones** – Please keep cell phones off or on silent while in the gym. This is for the safety of the gymnasts. Students with cell phones will be asked to keep their phone on silent and with their belongings during class time.

- **Arriving at the gym** – Arrive a few minutes early so your child is ready to start when class begins. You can leave shoes and clothing in a cubby at the front entrance or under a chair. Do not cover the walkway. Please wait in the front entrance seating area for class to start. An instructor will let your child know when class is starting. Children are not allowed on the equipment until their coach has instructed them to start, and should be off the equipment again once class or practice is over. Siblings are not allowed on equipment. For safety purposes, it is important that you help us follow this policy.

- **Parking** – Gymnastics families should park in the main parking lot at the front of the JCC. Please sign in at the front desk with a member ID or photo ID. You may walk through the building to the gymnastics gym. If you are not a JCC member, you will ring the doorbell at the bottom of the stairs to enter.

IMPORTANT - Due to traffic congestion, all gymnastics participants have been asked to park in the main lot and not the sports & fitness parking lot. Thank you for your cooperation.

- **Restroom** – Please make sure your child uses the restroom prior to class. We have one restroom in the back area of our gym that can be used for classes. Since it is a single restroom, we will still utilize the outside restrooms/locker rooms as well. There is an additional restroom near the spinning rooms along with a girls locker room near the pool. When using the outside restrooms, for preschool classes, a parent must assist the child to the restroom. For kindergarten & up, we use the buddy system if a parent is not available.



Gymnastics Policies Continued

- **Water breaks** – We will generally take one water break per class for elementary classes & older. This may vary depending on activities, but we want to spend as much time as possible doing gymnastics. Therefore, please encourage your child to drink a lot of water following class.
- **Watching class** – You may sit in the parent seating area or right outside the gym. Please step outside the gym to carry on conversations. Please do not step onto the gymnastics mats or equipment. Siblings & friends should be sitting on chairs at all times.
- **Food & Drinks** - No open drinks or food are allowed inside the gym. Water bottles are acceptable.
- **Pick up** – Following class, please pick your child up at the front entrance of the gym. All children are expected to wait in the gym for a parent unless you notify the instructor in advance. Also, please notify the instructor if someone other than a parent will be picking the child up following class.
- **Makeup policy** - In order to keep consistent classes and small instructor-to-student ratios, we do not offer makeup classes. Rather, we factor a missed class into the pricing for each session.
- **Refund policy** - The J reserves the right to cancel a class if there is insufficient registration. If a class or activity is cancelled, you are notified and a full refund is processed automatically. Please allow 2-3 weeks to receive your refund. If you cancel your enrollment in a class or activity before the first session or cancellation deadline, a \$10 administrative fee is deducted from your refund. Once a class or activity has begun, or the cancellation deadline has passed, there are no refunds.
- Last and most important, your child is required to have fun! Each child is not allowed to leave without wearing a huge smile 😊

Thank you for your cooperation, and we look forward to having your child in our class. Please contact us with any questions/concerns.

JCC Gymnastics
Aaron Family JCC of Dallas
7900 Northaven Road
Dallas, TX 75230
214-239-7190

apostel@jccdallas.org

Visit us at jccdallas.org/gymnastics or facebook.com/jccdallasgymnastics