

# Cape Breton Gymnastics Academy

## Guidelines for Recreation Gymnastic Classes

### 1. **No Parents permitted in Gym Class-NO EXCEPTIONS**

This is mostly a safety issue as well as keeping control of the groups. Coaches are prepared to comfort children while overcoming the challenges of entering a new activity. When parents are in the gym area, the children have a tendency to always watch to see if mom and/or dad are watching and not paying attention to what they are doing or where they are.

Parents are asked to have their children use the washroom prior to class, and then a parent can lead them into the gym to meet a coach. Arriving too early for a class can lead to higher anxiety in a child who may be nervous. 5 minutes before a class is plenty of time.

**2. Clothing:** Body suits are preferred; however, form fitting shorts and T-shirts are acceptable for boys in recreation classes.

**3. Footwear:** Bare feet are preferred when in the gymnastics area. Flip Flops can be worn while travelling from the gym to bathroom area.

**4. Instructors:** All instructors are certified Gymnastics Level 1 or better. Many of our instructors have been through our program as gymnasts themselves. Helpers, older competitive gymnasts, are sometimes on hand during classes to demonstrate skills or help with activities. A senior instructor is always there to oversee the classes and to interact with the groups.

**5. Class Numbers:** We try to have no more than eight to ten children in a group with one instructor. Any more than ten, there are usually two instructors or one instructor and one helper.

**6. Class Breaks:** Halfway through the class, the children have a five minute break. The instructor/helper will take them to the washroom if needed. Water is preferred and we ask you write the child's name on their drink to avoid confusion.

**7. DROP OFF CLASSES:** Parents are requested to bring their child into the gym and must come in to the gym for pickup at least **5 minutes prior to class ending**. Children should be arriving at class **no earlier than 5 minutes** prior to class start time. Please ensure a coach is present when your child is dropped off. Please have your child use the washroom PRIOR to their class.

**8. Toilet Trained:** Fully Toilet Trained Children are required in ALL drop off classes. No Pull Ups please. Please send an extra pair of underwear if you feel your child may have an accident. Have your child use the washroom as soon as you arrive at the gym. Coaches will assist children to and from the washroom throughout classes.

### **CLASS CANCELLATIONS/STORM DAY POLICIES:**

Morning Classes will announce cancellations by 7:00am while afternoon cancellations will be decided on by 3:00pm.

Announcements will be available by Gym main phone line 567-1603, Facebook page/CB Gymnastics Academy and our website [cbgymnasticsacademy.com](http://cbgymnasticsacademy.com) will have cancellation announcement.