

ULTIMATE RULE REMINDERS

The following rules are to help ensure every gymnast's safety and happiness.

#1 - ALL SPECTATORS MUST REMAIN IN THE UPSTAIRS VIEWING AREA!

Spectators are not allowed past the white rails. Our insurance policy only allows children under the age of 18 and Ultimate Gymnastics Employees to come out on the gym floor. If you need to speak with your child or instructor, please come to the front desk and we will bring him/her to you.

We have been having a very difficult time getting our parents to watch class from upstairs. The lobby is NOT a hang out area. It is also important that you do not hang over the wall or rails in an effort to assist in instructing your child. Please understand that when a parent is viewing from downstairs, it is a distraction to the coaches and students. Also it is a safety hazard. In order to keep our students safe and progressing, parents must view from upstairs.

#2 - DO NOT LEAVE CHILDREN UNATTENDED! Parents please control your child's behavior when she is not with her instructor. This includes gymnasts and siblings. Often parents allow their children to run around upstairs in the viewing deck and/or downstairs in the lobby. There is no running, jumping or horseplay allowed anywhere at Ultimate Gymnastics. All activities must take place on the gym floor.

Parents please pick up and drop off your child for his/her class on time. It is a distraction when your child arrives late to class. After your child's class is over their instructor will immediately begin another class. If you are not there to pick them up they will be left unsupervised. We understand that there will be rare circumstances when you will be late. Please call the front desk if you will be late for pick up. We will have your child wait in the front office until you arrive.

Parents, please keep your children off of the white rails. They are made of plastic and are not very sturdy. The rails are designed to create a barrier between the walkway and the gymnastics area. They are not for sitting, climbing or hanging.

#3 - GYMNASTS ARE NOT ALLOWED ON THE EQUIPMENT WITHOUT AN INSTRUCTOR! Your child must have an instructor present before proceeding past the white rails. We want to ensure the safety of our gymnasts.

#4 - HELP US KEEP ULTIMATE CLEAN! Please remind your children to clean up after themselves when they make a mess. If your child spills something and needs assistance cleaning up please ask the front desk for help!

#5 - GYMNASTICS ATTIRE MUST BE WORN IN CLASS! All of our female gymnasts must wear a leotard and bare feet. Our tumblers and male students are to wear a leotard or shorts without buttons, snaps, and zippers, or pockets and T-Shirt. Long hair must be pulled back. Be sure to remove all jewelry, shoes, socks and tights before entering the gym floor. No gum, food or candy on the gym floor.

770-623-8212