

Columbia Valley Gymnastics Association

The Important Stuff:

Gymnasts are not allowed in the gym area or on the equipment, unless a coach is present.

While waiting for a class to begin, gymnasts must sit in the waiting area quietly, until the Coach invites them into the gym area. Please arrive no earlier than 10 minutes before class time.

Classes begin with warm up which is a very important part of any athletic activity in preventing injury. Please be on time and dressed for class.

Gymnasts must wear appropriate clothing i.e.: bodysuits, leggings, shorts, fitted t-shirts of appropriate length, gym slippers or bare feet. Long hair needs to be tied back low ponytail, pigtails, or braided. No jewelry - exceptions can be made for small studs.

Please notify the Coach @ 342-3023 if a gymnast will be late, has to leave class early, or is unable to attend a class. Missed classes cannot be made up, or refunded.

Please notify the Coach at the beginning of a class if someone other than the parent or guardian will be picking up the gymnast.

Please bring a water bottle to each class – label bottles with gymnast name

Out of consideration for the Coach and other gymnasts please keep sick children home. Sending a sick child to any physical sport may increase the risk of injury.

If a gymnast has a wart, please cover it with tape or a band aid.

We pride ourselves on our open door policy, please discuss any concerns with the Coach or any board member. Names and contact info will be posted in the waiting area.

All injuries must be reported to the Coach, even minor ones.

All classes are closed, however parent viewing dates will be announced. Please watch for them on the bulletin board in the waiting area.

Respect to the coach, fellow gymnasts, equipment and the gym is to be demonstrated and practiced at all times.

All gymnasts will need to bring big smiles - we guarantee FUN!!!!