



GOLD COAST GYMNASTICS, INC.

CLASS INFORMATION & REMINDERS!



<p>Parking Lot & Shoes</p>	<ul style="list-style-type: none"> • Drive slowly entering and exiting our parking lot. Park only at our building (green) • Do not park at the White or Blue neighboring businesses. Our overflow parking will be at the Brown building-BC Coffee • Shoes need to be worn when walking in the parking lot! <i>If a student arrives to class with dirty feet, they will be brought back to a parent to help clean them.</i>
<p>BE ON TIME!</p>	<ul style="list-style-type: none"> • Arrive 5-10 minutes prior to class time. Late-arriving gymnasts miss important instructions and distract other students and classes. • Please make sure students use the bathroom PRIOR to class. "Potty breaks are contagious" • Students need to be picked up promptly after class
<p>What to Wear</p>	<p>No jewelry- This includes strings, bracelets, necklaces, rings, watches and earrings. Post earring that are flat to the ear are acceptable- however any earring that is a hoop or hangs below the earlobe need to be removed</p> <p><i>Girls Attire: Leotard or one piece bathing suit. No socks or footed tights. Please avoid dance style leotards that have a skirt/ tutu- they interfere with spotting and will get in the way of certain skills. Hair needs to be pulled away from the face and put in a rubber band.</i></p> <p><i>Boys Attire: Tight fitting athletic T-shirt and stretch shorts- No clothing with buttons or zippers No jeans/shorts. . No socks, watches.</i></p>
<p>Lobby Rules</p>	<p>While in the lobby watching your child in class, for the safety of your child, other students and the coaches. Please do not yell, talk, signal or interact with students while they are in class. Since we have an open lobby, be mindful of phone calls, and loud devices. Crying/loud siblings need to be removed from lobby.</p> <p>If this is your child's first day or first class, please be patient. Your child may have many emotions. Being nervous, excited or timid is very normal behavior. If your child acts out in class--whether it is nervous behavior or excited activity, please let our coaches guide your child in the right direction for the activity in class. If you over-step the coaches' interactions with your child, and correct them, talk to or yell at them while they are in class, you are invalidating our coaches. Keep in mind this is a "new environment, activity and new friends. How to interact and be a part of a gymnastics class is a learned activity. Let our trained coaches do what they do best.... =) Our coaches will alert you if they need your assistance. Thank you for understanding</p>
<p>Independent Learning Stations</p>	<p>GC classes have individual learning stations for our athletes. These stations have been specifically designed for a variety of skills. They are used to break down a skill or set of skills and make the learning process more manageable for athletes to comprehend. Athletes may not understand or be able to accomplish a station at first.... in time they will! Coordination, flexibility and cognition of ones body takes time to develop.</p> <p>Coaches will explain in detail all activities. Students MUST be attentive to the coach! Be patient if you see your child not doing the same action as another child... everyone learns at their own pace and preforms differently.</p>
<p>Student Expectations</p>	<p>GGC requires all students to have and follow proper gymnastics etiquette/behavior/rules. Respect the class, coach, and others. Rudeness and disrespect will not be tolerated. Students are expected to follow directions, listen respectfully to all instructions, and participate at stations and activities. Students not following directions, rules or proper etiquette will not be permitted to participate in activities. **If deemed necessary, the parent will be called, and the student will be dismissed to the parent/guardian. NO refunds/credits for students released early. Continuous disruptive behavior/actions may result in the release from programs.</p>

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