

Recreational Classes - What to Expect on Arrival

What to wear:

- Leotard / shorts / leggings / full length t-shirt
- No cropped tops / hoodies
- No jewellery (tape covering earrings if unable to remove but ensure this is applied before arrival)
- Long hair tied back

What to bring:

- Water bottle
- Slip on shoes
- Socks for trampoline

Where to go:

- Zone 1 reception - all recreational gymnasts and Sunday General Squads
- Zone 2 reception - all other General Squads
- If you are late, please go to the Zone 1 reception

Once inside:

- Gymnasts put all belongings into a bucket
- Please leave umbrellas / large coats with the adult who dropped off
- 10-15min class warm up and then 10-15min rotations round the different apparatus in smaller groups

Parent viewing:

- Gymnasts will be brought in first
- Parents and carers will then be invited to walk through reception and up to our viewing area
- Kindly monitor other children in your care and accompany them at all times, while in the building
- Five minutes before the end of the class, please make your way out to collect your child before the next group of children are brought in