

Gym Rules

As gymnasts and coaches, we take pride in the Club and our equipment. Please do so too

1. Anyone not in a class must not be on the gym floor
2. Gymnasts must only use equipment under a coaches supervision.
3. Gymnasts must not use equipment before or after class
4. Gymnasts must respect their coaches.
5. Gymnasts must respect each other
6. Yelling or shrieking is distracting and is not permitted in the gym.
7. Gymnasts must ask their coach before leaving the class including going to get a drink or going to the toilet.
8. Gymnasts must not enter the office unless instructed.
9. Hair must be tied back and appropriate clothing worn to class.
10. No Jewellery is to be worn during training or competitions

And always remember to try your best and have fun.