



WELCOME TO CLASS! Everything You Need to Know for Your First Day

FIRST DAY ARRIVAL GUIDE

- When You Arrive: Enter directly into the main gym lobby.
- Gymnastics, Tumbling & Urban Ninja (Ages 6 – 17 yrs) students: Please sit and wait in our Bleacher Section located on the right side of the main entrance. Our coaches will call your child out and bring them safely onto the gym floor when class begins.

WHAT TO WEAR AND KNOW

Girls Attire: Leotards OR athletic attire. No spaghetti straps, and no exposed midriffs allowed.

Boys Attire: Gym shorts or sweatpants paired with a T-shirt or tank top.

Hair Policy: All hair must be securely tied back completely off the face and off of the shoulders.

Remember students will be upside down at some point.

BARE FEET REQUIRED: All children must have bare feet while on the gym floor for safety and grip.

WATER BOTTLE: Bring a personal water bottle if needed.

NO GUM & NO JEWELRY: Please remove all jewelry and dispose of gum before entering the floor.

LEAVE VALUABLES AT HOME: Please do not bring any valuable personal items to class.

FIND YOUR ADVENTURE

GIRLS ACADEMY AGES 6-17

OUR OLYMPIC GYMNASTICS PROGRAM PROGRESSES THROUGH MULTIPLE SKILL LEVELS ACROSS BARS, BEAM, VAULT, FLOOR, AND TUMBLING.

URBAN NINJA AGES 6-17

FOR NINJA AND PARKOUR ATHLETES! DEVELOPS EFFICIENT MOVEMENT, AGILITY, BALANCE, COORDINATION, FLIPPING, AND TUMBLING SAFELY.

TUMBLING AGES 6-17

FOCUSED TUMBLING USING TRAMPOLINES, MINI-TRAMPOLINES, FOAM PITS, AND SPRING FLOORS, PLUS STRENGTH AND FLEXIBILITY WORK. FOR NINJA AND PARKOUR ATHLETES! DEVELOPS EFFICIENT MOVEMENT, AGILITY, BALANCE, COORDINATION, FLIPPING, AND TUMBLING SAFELY.

◆ **READY, SET, FLIP!** ◆

Whether your child is learning their very first skill, perfecting a new trick, or training to become a Ninja, we're here to help them move, grow, and have a blast!