

Frequently Asked Questions

What to wear:

Gymnasts in Blue Star or above must wear a leotard but tots and beginning level gymnasts are not required to. Leotards can be purchased through the gym. In the winter we suggest warm clothes/layers and in the summer a breathable t-shirt and shorts. Gym wear should not be loose or baggy and should not have zippers or buttons. Bare feet are required. No socks or leggings can be worn with feet covered. No jewelry should be worn during class. Hair should be tied back; off shoulders.

Observing Your Child's Class:

Parents are more than welcome to observe their children during class time. Siblings and spectators are not allowed on the gym floor at ANY time. Please refrain from distracting your child during class, in any way. If you brought water for your child, please place it in their cubby or have them place it near the water fountain.

How does my child move up? How long does it take to advance?:

Students are tested during their regular class time every 2 months. Coaches will write down what skills they have mastered and the office staff will update your child's skills in the computer. You will be able to see any newly acquired skills when you log into your Parent Portal. Advancement depends on the child's individual skill level, maturity, and ability to handle the different aspects of gymnastics. Advancement to the next level can take up to a year and sometimes longer. We encourage students who want to advance more swiftly to enroll in multiple class a week and/or sign up for private lessons.

How many days a week can you attend?:

You may attend classes as often as you wish. However, the cost will increase as you enroll in multiple classes. Students will receive a discount if they enroll in multiple classes.

What do we do if we miss a class?:

Each recreational student can attend up to 6 make up classes per calendar year. Make up class must be scheduled with the front office so that the student will appear on the role for the make up.

Can we take a break for a while and come back?

Gymnastics is a year-round sport and we understand that can be difficult during certain parts of the year. Students are allowed to do a Leave of Absence for up to 2 consecutive months at a time. See the office staff for more info.

What happens if we are running late to a class?:

Ideally students should arrive roughly 5 minutes early. However, if you are running a bit late student will still be able to attend their regularly scheduled class if they arrive within the first 10 minutes of class. If more than 10 minutes late to class, the student would not be able to attend class and a make up class can be scheduled.

Annual Holiday Dates:

The gym will be closed during these days. There will be no prorating for missed classes or holidays. 5th week months compensate for the times closed.

Memorial Day

4th of July

Labor Day

Halloween

Thanksgiving

The Friday after Thanksgiving

Two weeks for Christmas Break

