

FGA OPEN GYM RULES

Open Gym is available to Members and Non-Members. ALL participants must have a Parent Portal Account.

Remove Shoes and Socks

Respect the equipment and return to proper place when done

Open Gym is not coached time



BE SAFE!

Please use the areas of the gym that are **NOT** being used by a class or team

Do not attempt skills you have never tried before. Do that in class where coaches can supervise and give you feedback!

HAVE FUN!

Children under the age of 5 must be accompanied by an adult

The Foam Pit is NOT a Pool
(Do Not Dive Head First)

All of our coaches have the right to stop you from doing anything they feel is unsafe