



Welcome to Colorado West Gymnastics! We are very happy to have your student(s) here. Below are a few basic details about our gym. Please read thoroughly and let us know if you have any questions about our programs.

### **Contact information-**

Phone: **(970) 241-2265**

\*It is easiest to reach us by phone after 3pm, or leave a message and we will get back to you as soon as possible.

Email: **coloradowestgym@gmail.com**

Website: **coloradowestgymnastics.com**

Facebook: **Colorado West Gymnastics**

Address: **573 W. Crete Circle, #202  
Grand Junction, CO 81505**

### **Text Club-**

Text **@cwggj** to the number **81010**

for updates including-

\*When we are closed

\*Open Gym Days

\*Special Events

New information is also posted on our website, Facebook, and at the front desk.

### **Gymnast's Attire-**

We prefer your gymnast wears a leotard, they help us to spot and correct form. If you do not own one, leotards can be purchased at Target or online. A tighter fitting shirt (one that won't flip over your gymnast's head) and comfortable cotton shorts will work, as well.

Please make sure your gymnast's hair is pulled back when they arrive to class. This will prevent them from accidentally pulling their hair while doing tricks.

No shoes are allowed on the equipment. During winter, socks are permitted during warm-up. When we start our workout on an event, they will be asked to put their socks away for safety purposes.

## **Colorado West Gymnastics Rules-**

### **Parents-**

- 1- Please be sure to check our calendars, and our notes on the door. Our 4 week sessions don't always coincide with the month. Please ask if you have any questions.
- 2- Please let us know if you are unable to pay during the start of a new session. We do our best to work with you, but your punctuality is much appreciated.
- 3- Refrain from coaching your child from the viewing area. If you need to speak with someone, or if you need to talk to your child, please ask one of the coaches.
- 4- Parents are not allowed on the equipment at any time. If you are in a Mommy and Me class, please make sure your child is doing the gymnastics, not you. You are not covered by our insurance.
- 5- If your child is not potty trained, please make sure the coaches are aware. You must remain in the building in case your child needs to use the restroom. We cannot leave the classes to assist them.

### **Students-**

- 1- **Look, Listen, and Learn.** We will not permit any children to horse play or perform tricks the coach has not approved.
- 2- Ask before using the restroom or getting a drink of water, your coach must know where you are at all times.
- 3- Gum or candy are not allowed at any time on the equipment or during a class.
- 4- Please let us know if you are sick or injured. We do our best to insure everyone stays safe.
- 4- **Have fun!**

### **Open Gym-**

Open gym is on Fridays from 7pm-8pm. Students may come play and work on their skills. This is not an organized class, students are free to work on whatever they like. We do have coaches available if they need help on a specific skill. Only enrolled students and their siblings are allowed to attend open gym.

Occasionally, open gym will not be held due to a team event. We will post on the front door, send out a text, and post it on Facebook when open gym is cancelled.

### **Make-up Policy-**

At Colorado West Gymnastics we work hard to keep our class sizes smaller to ensure a great learning environment for your children. In order to do so, we do not allow make-up classes. We do offer Open Gym as a “make-up.” You are allowed to attend open gym in place of a class, up to 2 times per year. Please notify us beforehand if you intend to use open gym as a make-up.

### **Class Levels-**

Here at CWG we do our best to challenge your child and make sure they are in the best class to suit their needs. We try to let you know as soon as we feel your child is ready for a harder class. If you have any concerns about the class level your child is in, please speak directly with their coach. If your student is interested in pursuing a competitive level of gymnastics, be sure to let us know. We offer a variety of competitive levels.

### **Private Lessons-**

If you would like your child to receive extra help on a certain skill or improve their overall abilities, we do offer private lessons. To schedule a private lesson, please speak with your child’s coach.

### **Birthday Parties-**

Colorado West Gymnastics offers private birthday parties year-round. If you would like to schedule a birthday party, please speak to someone at the front desk.