



## School Aged Class FAQ

### **Where do we go on the first day of class?**

If you have already paid and filled out a registration card, you do not need to stop at the office or check in. Place belongings in the white cubbies in front of viewing area. Instructors will call students out for class by announcing class name and time near the balance beam area. Please remain in the viewing area with your child until they are called out to class.

Do not bring valuables. GBGC is not responsible for lost or stolen items.

### **What should my child wear?**

No need to stress. Attire is easy at GBGC! Students may wear a leotard or shorts with a t-shirt and bare feet. No jewelry should be worn (post earrings are ok). Parents please make sure your child wears clothing that is appropriate for performing gymnastics skills (soft fabrics and secure tops). For the safety of your child and our equipment, please no jeans or footed tights. Hair should be pulled back.

### **Do I have to stay to watch my child?**

Parents of students 5 years old and under need to stay in the building during class. If you are going to leave the facility while your child is in class, please make sure we have your current cell phone number on your registration card so we have a method to contact you in the event of an emergency.

### **Who can be in the viewing area?**

All are welcome in our viewing area. Children must be supervised in the viewing area. No running, playing or gymnastics in viewing area.

### **Am I allowed to take pictures during my child's class?**

Yes, but please no flash photography. Flashes are a safety hazard for gymnasts of all levels.

### **Are make-ups available for missed classes?**

Students may make up missed classes in any open class of the appropriate level. All make-ups must be scheduled through the office. Make-ups are available only as scheduled and must be taken during the session of enrollment.

### **Do we still have class if school is closed due to weather?**

We are not closed just because schools are closed. The gym will be closed only in the case of extremely severe weather or a related condition (such as power outage). Closing decisions for evening classes are normally made around 2:00pm. For closing information, call into the gym's voicemail at 810-694-3222, visit our Facebook page at [www.facebook.com/grandblancgymnastics](http://www.facebook.com/grandblancgymnastics). You can also sign-up for our text message alert system. To sign-up text @ggymnast to 81010.

### **How do I stay informed?**

READ all handouts, "like" our Facebook page at [www.facebook.com/grandblancgymnastics](http://www.facebook.com/grandblancgymnastics) and make sure to check out our information wall weekly.

### **Are the instructors certified?**

GBGCs coaches participate in many training programs both in and out of the gym. Education of our staff is a priority. At all times USA Gymnastics Safety, CPR and First Aid Certified staff members are on hand.

### **My child's preschool wants to do a field trip, do you offer anything?**

We offer field trips for ages crawling to 18 years and all group sizes. Contact the office for more information. ***We also offer birthday parties!***

### **How will I know if my child is ready to move to next level?**

Each child is required to achieve a set of skills based on our own poster system. If you did not receive a poster at time of registration, please stop by the office and pick one up. Near the end of each session, your child will receive a note with the level he/she should register for the following session. Age is also a factor when determining what class is best for each student.

### **How do students get into the competitive program?**

We have an open group tryout twice a year for the competitive program and for our in-house teams, the Gym Cats & Kittens.

### **How often is the gym cleaned/disinfected?**

Cleanliness is a priority at GBGC! That is why we have the reputation for being one of the cleanest facilities in the area. We have cleaning & sterilization procedures that are performed several times throughout the day by members of our staff and as well as a special cleaning staff. In addition, each month our entire facility is treated by BioGreen Solutions with a ULV fogging process. This is an EPA registered disinfectant. We strongly encourage all students to clean & sanitize hands before and after class time.

### **How do private/semi-private lessons work?**

Private/Semi-private lessons are available for any level. Lessons can include up to three students and vary in cost, depending on coach, generally around \$60 per hour. If you are interested, please see the office.

This sheet is only a FAQ and does not represent all rules. For more details, please refer to the Rules and Policies.