



Simply Sports Services

Women's Artistic Gymnastics Club, Al Quoz Industrial Third, 16a Street, Dubai, UAE

## Gymnast/Parents Rules in Class

1. No admittance to the gym before your start time, you must wait in line outside the door until called inside – Only Exception at the New Club
2. Parents are not permitted in the gym. Special parent days will be the last lesson of every term.
3. Always be punctual or pay the conditioning consequence...!
4. Have your hair tied back ideally in plaits.
5. No jewellery unless small stud earrings.
6. Tight lycra only – no loose clothing please (swim costumes are suitable to replace a leotard)
7. Bring a filled water bottle!
8. All children needing toilet assistance will need to bring along a chaperone.
9. No screaming or shouting at any time.
10. Please listen to learn.
11. No socks; gym shoes are allowed but bare feet are preferred...
12. Smiling, giggling and happiness permitted always!
13. No food in the gym please unless medically required.
14. All bags clothes and shoes to be neatly placed at the side of the gym.
15. No running across apparatus.
16. Gymnastics moves not permitted on the hard floor.
17. If your parents arrive late to collect you, you must wait quietly at the side of the gym – do not leave the gym.
18. Remember if at first you don't succeed, try try again!
19. Enthusiasm and commitment is required to learn all the tumbles.
20. Practice makes perfect, so don't give up!

[www.simplygymnastics.com](http://www.simplygymnastics.com)

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