

DROP IN RULES

- ☺ Find a red cubby to leave your jacket, socks, water bottle etc in for the duration of your class.
- ☺ Please make sure long hair is tied back.
- ☺ Please leave your jewelry at home!
- ☺ Children need to have **BARE FEET** while inside the gym—socks are just too slippery!
- ☺ Children must wait in the foyer or kitchen prior to the start of drop in.
- ☺ EVERY child under the age of 8 **MUST HAVE A PARENT** in the gym, by their side for the entire drop in time.
- ☺ Drop in is limited to the gym with the red floor (the grey/back gym is off limits).
- ☺ **ONE** person at a time on **ALL** of our equipment!
- ☺ A coach **MUST** be on the large trampoline in order to have children bouncing on it.
- ☺ The tumble track is a **ONE WAY STREET!**
- ☺ No jumping **FROM** the trampolines, we always get on and off safely.
- ☺ If you are waiting for a turn on the trampoline, please wait on the stairs or on the floor.
- ☺ No one is to go under the trampolines - it could be very dangerous if someone else is bouncing!
- ☺ Remember your safety landings when you jump from a box or a block!
- ☺ Please keep clear of the equipment corner where all of the extra mats are stacked!
There are so many fun things set up for you to play with!
- ☺ Remember to keep your **SAFETY EYES OPEN** at all times!
- ☺ **NO FOOD OR DRINKS** in the gym area. Please use the tables in the kitchen for your snack.
- ☺ Please treat everyone with **RESPECT**. From coaches, to other children to parents who are watching, everyone **DESERVES** to be treated well!
- ☺ Be safe and have some fun! We love to see your smiles and hear the excitement that comes from learning new skills!

BE SAFE AND HAVE FUN!