

Gymlingo Academy Gym Rules

1. No Horseplay
2. Put your clothes & shoes in the locker room
3. Dress appropriately
4. Stay off equipment before & after class
5. Wait in the viewing area
6. Listen to your instructor at all times
7. No food, drinks, candy, or gum on equipment
8. No jewelry during gymnastics
9. Long hair must be tied up
10. Report all injuries to your coach immediately
11. Watch out for other people
12. One person at a time in a station
13. Follow One-Way traffic rule on Tumble Track
14. No flipping unless you get permission
15. Ask your coach if you need help

Anyone disobeying these rules will be asked to sit in the viewing area for their own safety and the safety of the others in the gym, If you are asked to leave you must bring a parent with you before you can attend another party or open gym session.