

Recreational Classes - What to Expect on Arrival

What to wear:

- Leotard / shorts / leggings / full length t-shirt
- No cropped tops / hoodies
- No jewellery (tape covering earrings if unable to remove but ensure this is applied before arrival)
- Long hair tied back

What to bring:

- Water bottle – sports topped bottles containing water only
- Slip on shoes
- Socks for trampoline

Where to go:

- Zone 1 reception – Tuesday, Friday, Saturday, Sunday classes
- Zone 2 reception – Monday and Wednesday recreational classes

Once inside:

- Gymnasts put all belongings into a bucket
- Please leave umbrellas / large coats with the adult who dropped off
- Anything else that doesn't fit in the bucket can be left in the changing room and collected after dismissal
- 10-15min class warm up and then 10-15min rotations round the different apparatus in smaller groups

Parent viewing:

- Gymnasts will be brought in first
- Parents and carers will then be invited to walk through reception and up to our viewing area
- Kindly monitor other children in your care and always accompany them while in the building
- Our viewing areas are also used as training areas. Any mats/equipment are not for use during viewing times
- Five minutes before the end of the class, please make your way out to collect your child before the next group of children are brought in