

DC Gymnastics School

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At Hillsborough Cinema, 3 Jill Court - Building 15 Unit 25, Hillsborough, NJ 08844

CLASS RULES & INFORMATION

Welcome to DC Gymnastics! We are very excited to start another season and we look forward to teaching and working with your children. We believe that “gymnastics is fun and fitness is a lifestyle.” Our gymnastics programs focus on progressive gymnastics training, flexibility, strength, balance, coordination and body mechanics.

Safety and gym rules are a very important part of your child’s gymnastics experience. We strive to teach your children gymnastics in a fun and safe environment. All of our coaches are certified through the U.S. Gymnastics Association and have current safety certifications. We’ll talk to your children each class about staying safe but we also want parents, relatives and siblings to know our gym rules so we can keep our gymnasts as safe as possible.

Proper Attire:

1. All students must have their hair tied away from their face and no jewelry or earrings.
2. All students must go barefoot to class - for safety reasons no one is allowed to wear socks in the gym. Competition cheer sneakers may be worn in Cheer Tumble classes only - sneakers must be clean and wore indoors only.

Before Class:

1. Please arrive 5-10 minutes early for class. All students should wait in the waiting area prior to class. Students should be ready and dressed when warm-up is called.
2. Parents and siblings must stay in the waiting area or in the party room. Parents and siblings are not allowed inside the gym or on the gym floor for any reason - this includes all pre-school classes
3. Please keep all brothers and sisters out of the gym area and off of equipment
4. Take your child to the bathroom before class. If a student has to go to the bathroom during class, they should ask their teacher.

During Class:

1. Students should not be on the floor or equipment without a teacher present.
2. Look around before you cross in front of any other groups or walk across any equipment or mats
3. Only one person on the equipment at a time
4. Absolutely no horseplay or running in the gym
5. Always tell your teacher if you don’t feel well or if you hurt yourself during class

Make-up class policy:

Each student gets 5 make-up classes per year. To schedule a make-up, you must do so with the office at least 24 hours in advance.

We hope you have a great year! If you have any questions or concerns, please speak with one of our office staff.

Thanks!

Danielle Jones
Director of Recreation at DC Gymnastics