



# *Infinity Gymnastics & Dance*

## Training & Class Rules

1. Arrive on time – 10 minutes prior to the lesson
2. Different attire is required for different class styles so check with the teacher on the expected dress code for each class. In dance classes always wear stretchy leotards, leggings and tight fitting garments. Black leotards and leggings/tights with hot shorts are to be worn during gymnastics. No jeans, cargo pants or floppy clothes allowed.
3. Hair must be securely tied back away from face (preferably in a bun)
4. No jewelry may be worn during class
5. Let your coach know of any medical conditions you may have
6. Please go to the toilet before class commences
7. No chewing gum allowed inside the centre
8. No eating during lessons
9. Bring water bottles
10. Notify your coach when needing to go to the toilet or bathroom
11. Never leave the gym/centre without the permission of your parent and your coach/teacher
12. Treat coaches, teachers and other gymnasts and their families with respect
13. Co-operate with the teachers and follow instructions
14. Do not distract other gymnasts/dancers
15. Control your temper and moods
16. Food and drink can only be consumed in the waiting area. No food or drinks allowed on the gym mats or in dance studios with the exception of water bottles with tight lids.
17. No litter – please use the bins provided
18. Respect all equipment and keep the storage area tidy
19. Please observe the parking rules for our car park as seen on posters in the waiting area
20. Work hard and dream big.

**Failure to follow these rules may result in a gymnast/dancer being asked to sit out of class or, if behavior persists, parents may be requested to remove a gymnast from the gym.**