

Gymnastic Rules

Central Bucks School of Gymnastics, Inc.
929 North Easton Road • Doylestown, PA 18902
215-345-0176

1. CAUTION: Any activity involving motion, rotation, or height may cause serious accidental injury.
2. Do not use any apparatus without qualified supervision.
3. Wear proper attire and use chalk when necessary to prevent slipping.
4. Before mounting any apparatus, make sure that it is properly adjusted and secure and that sufficient mats, appropriate to the exercise, are in position. Consult your instructor.
5. Use proper conditioning and warm-up exercises before attempting new and/or vigorous moves.
6. Attempt new skills in proper progression. Consult your instructor.
7. When attempting a new or difficult skill, always use a qualified spotter. When in doubt, use a spotter and check with your instructor first.
8. Dismounts from any apparatus require proper landing techniques. Do not land on the head or back, as serious injury may result. Consult your instructor.
9. Any skill involving the inversion of the body should be considered dangerous and can cause serious neck or head injury.
10. No horseplay or fooling around at any time while on or around gymnastic equipment.

Parents: Please take a few minutes to read and discuss the rules that are listed above with your child.

Thank you.

**Gymnastics
Dance
Yoga**

**Class Calendar
Rules and Policies**

**2009-2010
Sessions 1 and 2**

Session 1

September 2009

M	T	W	TH	F	S
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30			

October 2009

M	T	W	TH	F	S
			1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

November 2009

M	T	W	TH	F	S
2	3	4	5	6	7
9	10	11	12	13	14

 NO CLASSES

Number of Weeks – Session 1:

M	T	W	TH	F	S
9	10	10	10	10	10

Session 2

November 2009

M	T	W	TH	F	S
16	17	18	19	20	21
23	24	25	26	27	28
30					

December 2009

M	T	W	TH	F	S
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30	31		

January 2010

M	T	W	TH	F	S
				1	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

Number of Weeks – Session 2:

M	T	W	TH	F	S
10	10	10	8	8	8

Gymnastic and Dance Policies

- Dress for Gymnastics:** Leotards for girls, gym shorts for boys. Students may work barefoot. **Dress for Dance:** Leotards and tights; jazz, tap, ballet shoes. **Dress for Yoga:** Comfortable clothing!
- No gum or jewelry is permitted in class. No food, drink, or glass containers are permitted in the gym, dance studios, or bleachers except where appropriate and permitted by instructors.
- Parents must complete a **Registration Form/Liability Waiver** for each child prior to the beginning of the first class taken.
- All fees are due prior to the first class of each session and are **non-refundable**.
- Please have your child at the gym in time for the warm-up period at the start of each class. The warm-up period is a very important part of each class. Students arriving later than ten minutes into the class will not be permitted to take that class due to safety reasons.
- Please park your car and come into the building to pick up children at the end of each class. Please do not wait in your car in a line in front of the building.
- Any injuries occurring in the gym, dance studio, or elsewhere on the property must be reported to a staff member immediately. Accident insurance is carried on every student, but will only cover expenses that your own insurance does not cover. There is a \$250.00 deductible.
- In case of snow or ice, please call the gym and listen to the message on the answering machine regarding the cancellation of classes. Students will not be notified by telephone. There is no correlation between school district closings and our program. The staff will attempt to reschedule classes cancelled due to inclement weather whenever possible.
- If there is a question or problem concerning your child's class and the instructor is not available after class, please leave a note in the Chalk Shop. The instructor or program director will call you as soon as possible.
- T-shirts, leotards, shorts, yoga mats, and other items are available for purchase in the Chalk Shop. Stock changes monthly. Please stop in!
- A maximum of two make-up classes** are permitted when possible during each session for **classes missed due to illness or injury only!** Please register for make-up classes in the Chalk Shop.
- Gymnastic Team members and Dance Performance Group members are selected as a result of the observation of class participants.
- Please make the staff aware of any physical, emotional, or social problems that your child may be having.
- Please keep children off of the stairs. Children must be supervised at all times while they are inside and outside of the building!**