

Top Ten Open Gym Rules!!

We have constructed a list of rules for the Friday and Sunday Open Gyms. Please look over the rules so parents, gymnasts, cheerleaders, or anyone else who comes and participate understands.

10

DO NOT remove equipment from preschool area.

9

No wrestling or fighting

8

No foul language.

7

Stay out of the preschool area (unless with a parent; 5 years of age or younger)
Remain out of dance area where lights are off.

6

Don't abuse the equipment. Stay off of the elliptical trainer, bikes, exercise balls or medicine balls.

5

ONE person on trampoline at a time.

4

When jumping into the pits, please look before you jump.

3

When going across the gym **DO NOT** run in front of people!
Walk to places, do not run, please

2

Treat the coaches with respect. Do not talk back to them.

1

HAVE FUN!!!!

If you fail to follow the rules the coaches may sit you out, contact your parents or, ask you to leave. There will be no refunds for inappropriate behavior. *We expect good behavior so no one gets hurt and everyone has **FUN!*** Thanks.

IGI Open Gym Staff and Coaches