

# C.S. GYMNASTICS "READY TO TUMBLE" CHECKLIST

## 2009-2010 SCHOOL YEAR

Are you all set to learn new skills and drills? Are you all set to tumble and have lots of fun? Here's an easy-to-follow checklist to make sure you have all your forms filled out, that you're aware of our gym policies, that your gymnastics clothing is ready and that we've answered any questions you may have.

Name \_\_\_\_\_ Class \_\_\_\_\_ Day(s) \_\_\_\_\_ Time(s) \_\_\_\_\_

~~~~If tuition is paid in full by the first class, a \$10 discount will be deducted from your family's bill. (This applies to students enrolled for entire 12 week session)~~~~

1. \_\_\_ Registration Form Completed
2. \_\_\_ Emergency Form Completed (including physician's name & phone number)
3. \_\_\_ Tuition has been paid, \*\*\*Balance \$ \_\_\_\_\_
4. \_\_\_ Transportation has been arranged. **Children must be picked up inside the building!!!**
5. \_\_\_ Gymnastics clothing (leotard, body suit, or one-piece bathing suit for girls and tee-shirt, shorts or sweats for boys). **ABSOLUTELY NO TIGHTS, NO SKIRTS, NO LEOTARDS WITH SKIRTS, & NO TWO-PIECE BATHING SUITS ALLOWED.**
6. \_\_\_ Try to come dressed for class; we do not have a dressing room available.
7. \_\_\_ All students are required to go barefoot if possible. If not, **gymnastic shoes** must be worn, (*not ballet shoes or any other type of footwear*). This is a safety requirement. These shoes may be purchased at most locations that sell gymnastics wear. We do sell them here at a cost of \$15.00.
8. \_\_\_ Name should be on any clothing left at the gym (including shoes).
9. \_\_\_ **All long hair must be away from face and in ponytail, etc.**
10. \_\_\_ **ABSOLUTELY NO JEWELRY** (including dangling earrings, necklaces, bracelets, rings, ankle bracelets, body jewelry etc.) is allowed. Children can be injured wearing jewelry while participating in athletic events.