Dress for Tumbling/Ninja

One-piece leotards (with or without athletic shorts) or t-shirts and shorts are preferred.

Prohibited Clothing Includes: Bathing Suits, 2 piece leotards, sports bras as tops, jeans, anything too loose or too tight, socks, tutus, hard headbands, Any jewelry/watches/Fitbits.

Long hair needs to be up in a ponytail.

NO FOOD, DRINKS, OR GUM

Water bottles with a lid, placed on top of cubbies, are allowed.

Zero-tolerance policy for bullying.

(This includes Parents, coaches and participants, and the general public.)

Only enrolled participants and coaches are allowed in the gym.

(The only exceptions are Little Bears and Preschool Open Gym parent participation.)

Please refrain from “coaching” from the viewing area.

Or otherwise speaking to your child during class.

Use the bathroom immediately before class.

Photography or video taping is strictly prohibited.

(Please wait for Show Off Nights.)

Dropped off and pick up at the gym doors.

Children will NOT be permitted to look for their parent in the parking lot or elsewhere in the facility.