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# Welcome to the El Estero Park Center's Gymnastics Program!

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We look forward to helping your child build their self confidence, coordination, and athletic skills. This guide is here to help you and your child have the best possible experience.

If this is your child's very first experience with gymnastics the first day can sometimes be a bit overwhelming. The first class is filled with lots of new activities and skills. We understand that children learn through example, repetition, and trial and error. Rest assured they quickly catch on and feel more comfortable with each successive class.

If you are a returning student we are glad you're here and appreciate your participation in our program!

## **RULES AND POLICIES:**

**Students only in the main gymnastics room.** We encourage you to view class through the windows. You may also stand in the doorway and peek in for moments at a time, but not for the whole class. We want to support the focus and safety of the students.

**Use the restroom before class.** It can be disruptive if they have to go during class.

### **Dress for Safety:**

- The best attire is a leotard. Tight fitting shorts, or leggings and tucked in t-shirts are acceptable as well. Please no baggy shirts or bare tummies.
- Hair must be out of the face. If long, please put in a ponytail or braid. If their hair is too short for a ponytail but it falls forward in their face, please use barrettes to keep it out of their eyes.
- Children are to go bare feet for safety reasons. If your child has plantar warts or athlete's foot, please cover with athletic tape until it has cleared up. Thank you!
- If you are in a parent participation class we ask the parents to please wear socks.

You may send a **water bottle** for them to keep with their shoes.

**We do not offer make-ups** if you miss a class. If the class is canceled by the instructor, a make-up class will be offered. If you are unable to attend you will receive a refund.

**Registration is on a first come, first served basis.** If you are interested in continuing on an ongoing basis we encourage you to register for as many sessions as you can ahead of time to secure your spot.

We are excited to be part of your child's fitness development. Your satisfaction is important to us and we are always available to discuss any questions or concerns you might have. Feel free to call us at (831) 646-3873.