

WELCOME TO TROY Gymnastics

RULES & POLICIES

NO Food or Drink Allowed in the Gym at Anytime!!

Hair MUST be pulled back

Absolutely NO jewelry!

Troy Gymnastics is not responsible for lost valuables.

Gymnastics Attire: Leotard/Shorts & T-shirt (NO jeans, skirts, dresses, midriff showing)

Cheer Attire: CLEAN Tennis Shoes, T-shirt & Shorts

OPEN GYM RULES: READ BEFORE ENTRY

ONE WAY on Tumble Trak & Double Mini

NO SWINGING on any ropes or rings; If you climb UP you MUST climb DOWN (ropes & net)

BOTH HANDS on the bars at all times

Land on feet/bottom ONLY in pit

Slide MUST have instructor present; will open at instructors discretion

Do NOT touch the ice maker; ask instructor prior to using chalk

Follow ALL other rules/directions provided by instructor Not abiding by these rules can result in child being sent home for the day.

HANDS MUST BE STAMPED FOR OPEN GYM; Please see front desk to check in



STOP:



NO PARENTS BEYOND THIS POINT!
Nobody over the age of 23 is allowed on
ANY EQUIPMENT AT ANY TIME!

For insurance reasons, anyone who is NOT a registered student or employee shall NOT be in the gym area for any reason unless accompanied at all times by an employee of Troy Gymnastics. Under no circumstances shall any non-student use ANY of the equipment in the gym for ANY reason.

Troy Gymnastics is not responsible for any person who is injured in any way if they choose to use the equipment or facilities in violation of this policy.

In the case of an emergency:
please contact any employee immediately or call 911