

First Day at Northern Stars Gymnastics !

Please arrive on time. Give yourself at least 5 extra minutes before classes begin to get changed.

There are two entrances to the gym, please use the correct one. The main entrance is Unit #9, please drop-off and pick up your child at this entrance unless assigned differently (TinyGym will use #6)

We respectfully ask PARENTS NOT TO ENTER THE GYM. Parents are welcome to watch their class from the viewing area (unit #6)

Athletes should always wear comfortable clothing such as:

gymnastics suit (leos), shorts, T-shirt but not looser baggy clothing,

gymnastics slippers or bare feet, for safety reason **NO TuTu , NO skirts**

NO jewellery or watches, NO gum !!

Athletes should wait by the Gym doorway for coaches to call your program name (KinderGym, TinyGym, etc.)

Remember to bring you own water bottle, or you can purchase one at the gym.

Parents are solely responsible to ensure that their children are not left unattended before or after class.

