

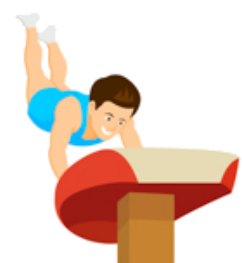
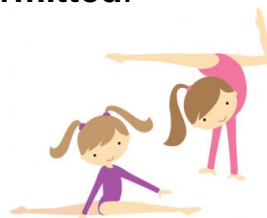
10 Things you should know before your child starts gymnastics at Cobequid Spartans Gymnastics and Trampoline.



1. *Please arrive approx. 5 minutes before class starts.* Entry will be through the door facing Lower Truro Rd. Parents will go to the right into the WAITING ROOM (through the RED door and kids will go to the left (through the BLACK door) and sit along the black benches in the gym and wait until their coach comes to collect them. Please remove shoes in the entranceway.

At the end of the class, children will be sent through the waiting room area as kids for the next class will be entering through the BLACK door. At peak times, there will be approximately 100 kids crossing paths so it gets very busy. Please be careful especially when it is busy and wet.

2. *Bathrooms for changing* are available downstairs in the gym for those who need them. Coats can be hung on hooks in the front entrance and shoes/boots on the mats.
3. *Waiting area for spectators* is in the gym along the black benches. **Please enter the gym through the waiting room door only.** Please be respectful of others viewing their child, and please refrain from standing and blocking the view of others. All parents and siblings must remain behind the orange rope.
4. *What to wear:* shorts and a t-shirt work well, or bodysuits for girls if they want. Bare feet please. Socks can be slippery on the equipment. Long hair must be tied up. Please make sure to do this ahead of class. No jewelry or gum. *If you are in a trampoline program,* you absolutely must have socks to wear for each class. No one is permitted on the trampolines without socks.
5. *The water fountain* works well. If necessary, they can bring a SPILL-PROOF water bottle labelled with their name. Water bottles should be kept on the Black benches. These tend to be left behind, so please remind your child at the end of the class. **Water only is permitted.**



6. *Washroom breaks:* Children must ask their coach when they need to use the washroom. We never say no, but need to know where they are at all times. There are washrooms located off the gym floor.
7. *Following instruction:* Follow the coach's instructions and be respectful of all other children and instructors. Children who are disruptive to the program or put the safety of themselves or others at risk, may be asked to withdraw from the program.
8. *The beginning of a session:* As always, the first few classes will be a review for children who have been in the program before. Most haven't been in the gym for 3 months and need to ease back in safely, so they shouldn't expect to start where they left off in the spring. New participants will be introduced to the basics - skills, terminology, circuits, etc. during this time.
9. *We are a Peanut Smart facility.* Please do not bring any foods that contain peanuts.
10. *If there is a class cancellation,* you will receive an email with cancellation information. You can also check our website (cobequidspartans.com) or call the office (895-7277).

Thank you and see you all soon!



COBEQUID SPARTANS
GYMNASTICS + TRAMPOLINE