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# Welcome to Intermediate Gymnastics

## at the El Estero Park Center

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This class is available by instructor permission only and is an exciting reflection of your child's hard work and persistence. The skills are more challenging and I include more strength and conditioning than in the regular classes. I also expect the students to develop a sense of presentation and technique.

Unlike the rest of our classes which are first come, first served, a space is actually held for your child. When you accept a spot in the intermediate class it is expected that you are making a commitment to the class and will enroll in continuous sessions. This is important for your child's progress and success. If you know you are going to miss a session or are planning on dropping it is greatly appreciated if you'd let the instructor know. The link sent you for registration is for you only and is not to be shared. Thank you.

Life is simple.

Eat.

Sleep.

Tumble.



### RULES AND POLICIES:

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**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.

#### **Dress for Safety:**

- Please wear a leotard. Students may also wear leggings or tights if they prefer. Please nothing baggy and no 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.
- I expect the intermediate students to show up to class dressed and ready, this includes their hair.
- All students 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!

Students may bring a **water bottle** 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.

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.