

SOLENT GYMNASTICS CLUB

WHAT TO EXPECT WHEN YOU ARRIVE FOR YOUR CLASS:

WHAT YOU NEED TO WEAR:

- ✓ Leotard / shorts / leggings / full length t-shirt tucked into your bottoms
- ✓ No crop tops, skirts or hoodies
- ✓ Long hair tied back
- ✓ No jewellery (please tape newly pierce earrings, this must be applied before arrival)
- ✓ No socks
- ✓ Slip on shoes are easier for the start and end of your session

WHAT YOU NEED TO BRING:

- ✓ Water bottle with a sport cap
- ✓ Any equipment you may need for you session such as handguards

WHERE YOU NEED TO GO:

- ✓ Please do not arrive any earlier than 5 mins before the start of your class
- ✓ Come inside, take off your shoes and socks and these into a cubby hole
- ✓ Line up by the gym entrance door with your water bottle ready to start

WHAT HAPPENS DURING THE CLASS:

- ✓ Children participate in a 10-15mins warm up and then move around 3 circuits using the apparatus and working on their skills
- ✓ Parents/Guardians can wait our viewing room. You can view what's going on inside the gym via a screen linked to our camera system
- ✓ At the end of the class, children will be dismissed via the gym exit door. Please wave to the coach when you see you child so they can send them back to you
- ✓ If you have any questions, please contact us via email as the coaches will need to get started with their next class

WHAT HAPPENS NEXT:

- ✓ You will receive a booking email explaining how to sign up for the class
- ✓ Your space is held for 5 days, if booking is not made within this period the space will become vacant again