

Preparing for Your First Class:

What to Wear:

- form-fitting, comfortable clothing
- no jewelry
- long hair tied up
- no skirts or dresses
- shoes and socks are not to be worn in the gym

What to Bring:

- A water bottle that can be sealed. There is no water fountain or drinking cups available.
- Your smile!

Where to Go:

- Parking is available in our lot. If all spaces are full, you may park on the street.
- we will turn on a blinking orange light 5 minutes prior to the start of class. At this time, children will enter the building for class. Young children who require assistance getting set up prior to class may be accompanied by an adult, who will need to leave the building prior to class starting (parental viewing of classes is available on a scheduled basis, once per month). For parent and tot classes, a parent or guardian is required to stay within arm's reach of their child, at all times.

-all classes have a dedicated meeting area, if a child or their guardian is unsure of where their class meets, the employee checking the children in will be happy to issue directions

-shoes are not permitted to be worn after a certain point, to keep the floors clean and dry for the children proceeding barefoot into the gym

-the coach will come to collect the children when it is time for their class to start

-at the end of class, a coach will lead the children out of the building for pick up