



Children Gymnastics

Location: Main House Gym B

Goals and Objectives for this program are:

1. RESPECT 2. INCLUSION 3. SAFE AND FAIR PLAY 4. FUN

All parents/guardians and participants must adhere to the following guidelines:

Pick Up/ Drop Off

- All parents **MUST** sign the consent form before the start of the program.
- Instructors will take attendance at the beginning of each class
- No guardians or parents will be allowed in the gym or inside the facility during the sessions.
- Please arrive on time. This ensures everyone is warming up properly and safely, and is not distracted by latecomers.
 - **Parents/ Guardians can enter CNH from the parking lot located on Euclid Ave or the main entrance.**
- Please be on time when picking up your children. Pick up will take place outside the door of the program room

Things to Bring to Class

- Please bring your own water bottles; water bottle filling stations are open
- Come ready with comfortable, athletic clothing (ex. T-shirt, leggings/shorts)
- Please do not wear jewelry; it can be broken or hurt the child.
- Hairstyles must be neat.

COVID-19 Safety Protocols

- **If you are feeling unwell or sick, please stay home to ensure the safety of all other participants.**
- Follow the rules and guidelines as set out by the facility and sport organization.
- **Maximum # of participants:** 12-30 (depending on which class)