



With our small set of rules your RG class will be more fun, safe, and efficient:

1. Gymnasts need to arrive at the gym 15 minutes prior to class start, to help with set up and get ready. They should be expected to leave the gym 15 minutes after class ends. If you are unable to arrive or leave on time, please discuss with the coaches to make arrangements.
2. Please respect class start times. The lessons are planned in advance and the efficiency of the lesson relies greatly on the available time. Please note that late arrival will result in the gymnast losing practice and coaching time.
3. Parents are permitted in class only with the coach's approval. Please contact the coaches to make arrangements.
4. All gymnasts are required to have and bring with them a "Gymnast Bag" with the following contents:
 - a. [Beginner/Precompetitive Gymnast Bag](#)
 - b. [Competitive Interclub/Provincial Gymnast Bag](#)
5. Dress of gymnasts: Black tank top or tight t-shirt.
 - a. Black long sleeve shirt. No hoodies, zippers, buttons, or pockets.
 - b. Black gymnastics leggings or shorts.
 - c. No footed/dance tights.
 - d. White cotton socks and/or toe-shoes.
6. For the safety and comfort of our gymnasts, the hair must be tied in a high ponytail or bun at every lesson. [Hair Bun Tutorial](#)
7. No jewelry allowed (except small earrings).
8. Please ensure that your gymnast uses the bathroom before class.
9. Please ensure your gymnast has a water bottle with them.

THANK YOU!