

# Meridian Gymnastics and Youth Fitness

## Safety Rules

1. Jewelry is not permitted. Necklaces, bracelets, rings, and dangling earrings are dangerous to both the child and the instructors.
2. Clothing with buckles, zippers, and snaps should not be worn.
3. All hair that is long enough to be in the child's face/eyes must be pulled up or back off the face.
4. Do not wear plastic head bands, barrettes, or clips that will dig into the head when rolling.
5. No spotting other students unless instructed to by a teacher.
6. Please come to class on time to insure a proper warm-up.
7. Do not go on the equipment unless given permission by an instructor.
8. No socks or footed tights. All students must have bare feet.
9. All students must remain inside the building until their ride has arrived.

## Policies

1. Class commitments are through the end of the month.
2. If you do not wish to continue into the next month, please notify us before the first of the month to avoid being charged. This will allow us to fill the spot the first week of the next month with someone from the waiting list.
3. The first family member pays regular class price and any additional family members receive \$5.00 off the regular monthly class price. Discounts are taken from the lesser tuition.
4. There are no refunds for missed classes but we do offer make-up classes for currently enrolled students. Make-ups can be done in another class of the same age group and must be scheduled ahead of time. Please call the gym to schedule a make-up.
5. In the event of inclement weather, call (978) 630-1100. There will be a message letting you know if class is cancelled. Decisions will be made an hour before start time. Cancellations will also be posted on our Facebook page.

## Additional Rules and Policies

1. No shoes in the gym. Please leave all shoes in the waiting area.
2. Please keep the waiting area picked up. If your family takes something out to play with, please put it back before you leave.
3. Only students are allowed in the gym during class time. Parents and non-participating children should remain in the lobby.
4. Please keep your session calendars and refer to them each week. The calendar will keep you abreast of holiday class cancellations and special theme weeks.
5. Meridian Gymnastics is not responsible for lost or stolen items.

The goal of our class program is to create a safe environment where children can develop strength, flexibility, and motor skills conducive to good physical fitness and gymnastics progress while also promoting positive self-esteem and having a lot of fun.