



## Welcome to Gymnastics!

Welcome to the Zeeland Recreation Gymnastics program. Our staff members are caring and passionate about teaching children and we are excited to have the opportunity to teach your child(ren) gymnastics! This letter is to orient you with our program and answer some commonly asked questions.

**What to wear?** Gymnastics leotards are recommended, but not required. Clothing needs to be comfortable, non-restrictive and form fitting. Please no zippers, or buttons and snaps around the waist. Please remove all jewelry.

Hair should be pulled back into pigtails or braids if possible. One pony tail in the back can hurt when your child is doing rolls. If your child's hair is short, please clip back any pieces that would fall in front of her face.

Please take your child's shoes off before they enter the gymnastics classroom. Socks are optional. This will save valuable teaching time.

**What to bring?** Children are encouraged to bring a personal water bottle.

**What time should my child arrive on class day?** Gymnasts should arrive at least 5-10 minutes prior to class in order to use the restroom one last time and to take their shoes off before entering the classroom. Classroom doors will open approximately one minute before class begins.

**What entrance should I use?** Gymnastics classes that are held during the school year will meet in the Cityside Middle School auxiliary gym. Please use the Recreation entrance off of Maple Street. Upon entering the Recreation Center, the aux gym entrance is located straight down the hallway and through the double doors.

**What are your check in and check out procedures?** The safety of your child is our top priority. Parents are asked to check their child in and out with the head instructor.

**Are spectators allowed in the classroom?** Parents are asked to leave the classroom after checking their child in with our head instructor. With parents out of sight, we find children are less distracted and quicker to begin listening and bonding with their instructors. Visiting Day is always the last day of each session.

**Where can I wait for my child?** Parents are not required to stay in the building during lessons, but there is seating available in our downstairs or upstairs lobby areas.

**What is Visiting Day?** We love Visiting Day! Visiting Day is always the last day of each session. This is a special time for your child to show parents and siblings skills they've mastered, as well as everything else they've been learning!

**Who do I talk to if I have a question about the gymnastics program?** Whenever you have a question or concern, please feel free to talk to our head instructors, Dana Pung and Marcy Blowers, before or after class. Email inquiries may also be directed to the program coordinator, Kristine Ferry, at [kferry@zps.org](mailto:kferry@zps.org)