

PHOENIX GYMNASTICS & DANCE ACADEMY

Procedures

Session Registration

There will be 8 six week sessions throughout the course of the year. On the 5th week of each session, we will hand out tuition envelopes to the students in class. When you return your tuition you are enrolled for the next 6 week session. If you need to change schedules, please call or stop at the front desk

When you come for class

All students should go upstairs when they arrive for class.

The teachers will come upstairs and call the students for class. When the students leave class they will exit through the downstairs gym lobby door.

Wear & Hair

Girl Gymnasts **must** wear a one piece leotard. Please do not wear tights covering the feet (slippery). **Long hair must be pulled up or in a pony tail** so that it will not interfere with vision or skills.

Boy Gymnasts should wear T-shirt and gym shorts. **Please do not wear jeans or belts.**
No excessively baggy clothes to gymnastics classes

Changing Levels

There is a set of criteria for each class level. Once the student has mastered the skills on all the events for a particular level, the instructor will issue a certificate to move to the next level. The parent should then show the certificate to the person at the front desk in order to transfer the student into the new level.

Advancing levels is done individually. Factors that affect advancement are, physical abilities and body composition, (size, strength and flexibility) attendance, and how often the student takes class. If you have questions about your child's progress, feel free to talk to the instructor.

Parent Observation

Parents are welcome to watch from our overhead viewing deck. Never leave sibling children unattended. **Never let children play on the stairs.**

**Please do not let your child practice
gymnastics or run back and forth on the
viewing deck.**

Please be considerate of the people around you.

Parking

Please do not leave your vehicle in the circle drive. This is for drop off only. If you need to come in, please park in a parking spot or on the street.