



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GYMNASTICS Open Gym Schedule

Schedule for:
January 19—Feb 26th 2012

	Monday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Open Gym		New time →	10:30 to 11:15 am	11:30 to 12:15pm	8:00 to 8:40 am No Open Gym on Sat Jan. 21st due to gymnastics meet	
Youth Open Gym		7:00 to 8:00pm				
Family Open Gym	3:00 to 3:40 pm				12:45 to 1:30 pm. No Open Gym on Sat Jan. 21st due to gymnastics meet	8:45 to 9:30am No Open Gym on Sun. Jan. 22nd due to gymnastics meet



Preschool Open Gym – This is a time for parents and their children up to age 6 to enjoy time together in the gymnastic center.

Youth Open Gym – This is a time for children in grades 1-8 to enjoy the gymnastic center.

Family Open Gym – This is a time for children of any age to enjoy time in the gymnastic center along with their parent.



Open Gym Rules

Parent must stay with any children under the age of 6 in the gymnastic center

Please keep all food and drinks out of the gymnastic center.

Jump in one direction only on the tumble trak.

When using the bars, please keep hands on at all times. No hanging from knees.

Please do not take out any additional equipment from around the sides of the gym.

Gum is not allowed in the gymnastic center.

Please remove shoes before entering gymnastic center.

The trampoline is closed during open gym.

Flips are not allowed during open gym.

Proper attire is required for open gym. No belts, buckles or zippers please.