



1. Any member of San Francisco Gymnastics currently enrolled in monthly classes is entitled to the use of the gym facilities during supervised open gym hours - currently scheduled SATURDAYS from 12:30p.m. — 2:00 p.m. (call to confirm dates and times)
2. Open gym is a time for students to practice and perfect skills that have been taught in class. It is not a time for experimenting with new tricks.
3. Open gym is offered to give motivated students the opportunity to increase their strength and proficiency at gymnastics skills. It is not a Day Care. To be beneficial, open gym time should be limited to the amount of time a student spends weekly in class. This will avoid boredom and fatigue, which leads to mishaps.
4. Students attending open gym are required to:
  - a. Understand and comply with all gym policies and rules for general safety.
  - b. Sign in and out on attendance sheet including phone number for emergency contact.
  - c. Be in appropriate colored uniform for their class and ability level.
  - d. Have made prior arrangements to ensure they are picked up before next class at 2:00 p.m.
5. Conduct
  - a. Absolutely no horseplay or running will be tolerated.
  - b. Students enrolled in TumbleBugs must be accompanied by an adult.
  - c. No other parents, siblings or “coaches” are allowed on the floor.
  - d. No use of trampolines or mini-tramps is permitted during open gym.
6. Students who do not comply with this policy will forfeit their open gym privileges.

