

# PRAIRIE GYMNASTICS CLUB

## PRESCHOOL PLAYTIME GUIDELINES

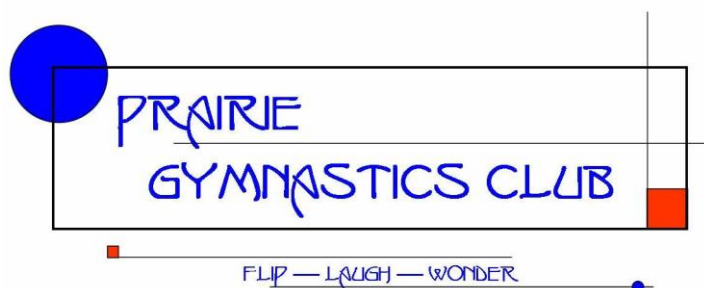
6/2018

Welcome to **Prairie Gymnastics Club**. Please read and observe the following guidelines so everyone's time at PGC can be safe and happy!

1. Stay with your children **at all times**. Please do not bring reading material, work, laptops, tablets, etc. with you. This is a time for you to have fun and interact with your children.
2. Keep all clothing and personal items in the cubbies.
3. Please keep all food and drinks in the lobby. We do not allow food, gum, or drinks of any kind in the gym. This includes water and baby bottles.
4. There is a changing table in the front bathroom. Please dispose of diapers in the garbage can **outside**.
5. Pit Rules: **Do not throw children or objects into the pit.**  
Teach children to jump in feet first. Jumping onto other body parts can cause injury.
6. Safety: Remember that some of the equipment is unfamiliar to your children. Keep a close eye on them when they are jumping down from heights, walking on a high balance beam, swinging on a bar, etc.
7. The trampoline, high bars and rings, and vault table are **OFF LIMITS**.

If you have questions, please talk to the person in charge that day. Thank you!

### HAVE FUN AND BE SAFE!



**630-406-6803**

**[www.prairiegym.com](http://www.prairiegym.com)**