

# PRAIRIE GYMNASTICS CLUB

## OPEN GYM GUIDELINES

9/20/22

Welcome to **Prairie Gymnastics Club**.

Please read and observe the following guidelines so everyone's time at PGC can be safe and happy!

1. Advance registration is required and capacity is limited.
2. **Cash payment is due upon entry.** Payment for Open Gym will not be refunded/credited for any reason.
3. **If you cannot make your scheduled day/time, please notify us in advance. No call/no shows may be charged \$8.00 for each child registered for Open Gym.**
4. Adults and children under 6 years old are not allowed in the gym but may observe from the balcony viewing area.
5. Keep all clothing and personal items in the cubbies.
6. 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.
7. If you aren't staying to watch, please be on time at pick up when Open Gym is over.
8. Pit Rules: **Do not throw children, mats, or objects into the pit.**  
**No digging holes in the pit.**  
Children should jump in feet first. Jumping onto other body parts can cause injury.
9. Safety: There is no rough play allowed in the gym.  
Remind older children to be cautious while playing around younger children.  
There is no running allowed in the back portion of the gym (anything past the blue tumble track).
10. The chalk, trampoline, high bars and rings, exercise balls, vault tables, and anything else with a sign are **OFF LIMITS**.
11. Mats should never be bent/folded. Doing so could cause damage to the equipment. Please encourage children to return mats to their original place when finished with them.

If you have questions, please talk to the staff member in charge. Thank you!

**HAVE FUN AND BE SAFE!**



**630-406-6803**

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