

COURSE RULES

Please ensure you are on time for the session (if the warm up is missed then you will not be able to take part).

- No shoes please.
- No jewellery please.
- Clothing must be of the appropriate type (PE Kit) No loose clothing, zips, buttons, buckles, belts or loose cords.
- No photos or video recording please.
- All long hair must be tie back.
- No open-top drinks or food.
- Listen to and follow the instructions from the coach at all times.
- Please walk between apparatus - do not run.
- Be kind to all in the gymnastic centre.
- Please inform the Coach of any injury or illness before the beginning of the class.