



# Oakville Gymnastics Club

## Drop-In Program

Join us for our Drop-In Program – an unstructured, care-giver supervised time for kids to explore the gym, enjoy a playdate, and make new friends! Fun circuits and games will be set up each week.

**AGES:** Walking unassisted to 5 years

**PRICE\*:** \$11 for 1<sup>st</sup> child and \$5 for siblings  
\* \$35 Gymnastics Ontario fee (expires June 30<sup>th</sup>)

**ATTIRE:** Children will need to wear shorts and a t-shirt (or other comfortable clothing - no skirts, jeans, belts, buckles or zippers), have hair tied back, bare feet and no jewelry. Adults should wear comfortable clothing and no shoes.

### **DROP-IN/GYM RULES:**

1. All children must be **directly supervised by an adult at all times** (whether they are on the gym floor or in viewing area).
  - a) Ratios in the gym are **ONE adult to a maximum of TWO children**.
  - b) Adults **must be within arm's reach** of their children at all times.
  - c) Additional adults and children may watch from the viewing area.
  - d) Children who are not yet walking unassisted are not permitted on the gym floor unless they are in a baby carrier (bucket seats are allowed for sleeping babies only).
2. For insurance purposes, adults are not permitted on any of the equipment. **Be aware of changing surfaces, tripping hazards and cables as you move around the gym.**
3. Only one child at a time on a trampoline.
4. Inversions or "flips" are not permitted.
5. Children must land feet first in the pit – no diving or "belly-flops" into foam. Refrain from throwing your child into the pit, or pulling them out by their arms (lift from under armpits).
6. **No food, drink or gum** is permitted in the gym. Please use the tables in the open change room area for snacks and leave your area tidy when you are finished. **Nut free** snacks only.
7. **No photos or videos** are permitted in the facility.
8. Please leave your belongings in the open change room area. The gym is not responsible for any lost or stolen items.
9. Cell phone use is not permitted in the gym.

The OGC Supervisor is there to provide safety and guidance for all participants. Please follow the Supervisors' instructions at all times, ask for equipment when needed, and let them know if you have any questions, concerns or comments regarding the Drop-In Program. The maximum number of participants will be determined by the OGC on a weekly basis. The Club reserves the right to remove any participant for non-compliance.

Thank you and have fun!