



Gym Rules

1. No soda, food, or gum in the gym.
2. Parents of the birthday child may come into the gym to observe and take pictures but cannot use the equipment.
3. No shoes in the gym.
4. No jeans, belts, or sharp objects on the trampolines. Shorts, sweatpants, t-shirts, sweatshirts, and socks are acceptable.
5. No swearing, bullying, or fighting.
6. No cell phones in the gym.
7. No chalk.
8. Stay with your group at all times.
9. No running in the gym, except in designated areas.
10. No back flips.
11. No flipping into foam pits.
12. No head first diving or stomach landings into loose foam pits.
13. Weights and conditioning area are closed as is the 2 trampoline area in the back gym.
14. One person at a time on any piece of equipment.
15. 8" mats must be under all bars, beams, and rings before use.
16. No hanging by knees without hands on the bars. No use of high bars.
17. Double mini tramp must have at least two 8" mats or resi for landings.
18. Do not throw mats, use mats as tackling dummies, or use mats to hit each other.
19. Must let go on first swing on rope to foam pit. Don't swing until pit is empty.
20. Do not attempt any skills by yourself unless an instructor approves.
21. If not sure of something, ask an instructor.
22. Do not follow others too closely through circuits or on inflatables.