



Information for Parents and Participants

Fall 2025

September 13th—November 7th (8 Weeks)

No classes Monday October 13th (Thanksgiving)
(Mondays—7 weeks)

Welcome to Gymnastics!

- * Please enter through the Sportsplex main entrance.
- * Travel through the turnstiles and store your belongings in the Sportsplex changerooms. Personal belongings such as shoes, coats, and backpacks are not permitted in the gym.
- * Enter our gym through the double doors at the turnstiles.
- * Participants will sit on the benches along the half-wall inside the gym. The coaches will take attendance before the class begins.
- * Parents may watch the class from the viewing area upstairs. Please follow the viewing area rules: Remove outdoor footwear before crossing the track; Do not use the track for viewing; Keep children off the track and exercise equipment.
- * Track passes may be purchased from the Sportsplex front desk.
- * Please meet your children at the gym doors at the end of their class.

Trampoline Soreness

Many new trampolinists find the trampoline rough on the skin of their knees, elbows, and palms. This will get better and their skin will get tougher with time. If they have scabs, we will cover them with tape to prevent bleeding. Please encourage your child to continue and explain that it will improve after a couple of weeks of participation.

Behaviour Issues

It is very important that the children in the gym listen to the coach, follow instructions carefully, and stay with their group. Gym rules are reviewed regularly for each class. In the event a child misbehaves or is disregarding instructions, they may be given a "time out" on the bench. If the behaviour persists, the coach may contact the child's parents to discuss options.

Cancellation of Classes

Classes are rarely cancelled due to weather. In the event that we are required to cancel, we will send an email and text to those classes affected. There will also be a message on the voice mail and on our Instagram page. Classes that are cancelled for reasons beyond our control may not be rescheduled.



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General Clothing for All Participants

- * All athletes can wear shorts and a t-shirt, a gymnastics leotard, leggings, or jogging pants.
- * Please avoid spaghetti strap tops, crop tops, skirts and tutus, and clothing with buttons, buckles, zippers, or belts.
- * Please leave all jewelry at home. Dangling earrings, necklaces, bracelets, anklets, rings, and watches are not allowed. We are not responsible for any items left in the gym.
- * All long hair must be tied back (boys and girls)
- * Trampoline participants may wear clean socks; gymnastics participants will be in bare feet.

Withdrawals and Refunds

- * If you choose to withdraw from a class before the program begins, you can request a refund for the class amount less a \$15.00 administration fee. You may also request a credit on your account for future use with no administration fee. Credits may be used by any member of your family for classes, camps, or pay-as-you-go classes. The G.O. fee is non-refundable.
- * If you choose to withdraw from a class within the first four weeks of the session, you can request a refund for the remaining classes less a \$15.00 administration fee. You may also request a credit for the remaining classes with no administration fee.
- * If you choose to withdraw from a class AFTER four weeks of the session, you will only receive a credit toward future classes.
- * Please be aware that there are no refunds/credits or make-up classes for classes missed for personal reasons.

Photography

Please note that no unauthorized photography or video recording is permitted in the Bracebridge Sportsplex. Each session there is a "Photo Week". For Fall, photos and videos may be taken the week of October 4th—10th.