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Class rules and requirements

Class requirements

- ✓ Gymnasts must please wear tight fitting shorts or tights and a tight-fitting T shirt or club T shirt/JT Top. They may wear a black ballet leotard and hot pants if they already have them but it is not a must. The coach needs to be able to see the lines of their bodies at all times.
- ✓ Gymnasts must be barefoot or wear socks during the lessons.
- ✓ Hair must be neatly tied back and out of their face. No loose hair will be permitted.
- ✓ Gymnasts must please eat lunch before or after the lesson, no eating will be allowed during the class or in the hall.
- ✓ Gymnasts must please bring their own bottle of water to class. Please no Fizzy cold drinks!
- ✓ In the colder months gymnasts must please wear a long sleeve tight top or vest and tights or tracksuit pants. A tracksuit top or jersey must be packed in for after the lesson. Club tracksuits and training kit are available to order. If you would like to order please email admin@jozigymnastics.co.za to enquire.
- ✓ All equipment will be provided for each beginner's class, however rhythmic apparatus can be ordered and purchased through the club. It is advisable for gymnasts to have their own rope and once they begin to compete, they will need their own apparatus for their specific level.

Class Rules

1. Gymnasts are expected to arrive on time as lessons cannot be delayed due to late gymnasts. This affects the rest of the lesson for the afternoon.
2. Gymnasts must ask permission to go to the restroom and not just leave the class without informing the teacher.
3. Gymnasts must wait inside the hall after each lesson until their lift has arrived and are not permitted to roam around the venue while waiting to be fetched.
4. A water and toilet break will be allowed during each lesson. Gymnasts must wait until this break to drink to avoid too many class disruptions.
5. If a gymnast is ill, it is advised that she does not attend the class that day to avoid cross infecting other girls and possibly causing herself to fall even more sick.
6. Unfortunately, **NO PARENTS** are permitted in the hall during lessons. This is very distracting for both the gymnast and the coach and leads to many disruptions during the short lessons.
7. If a class is missed for some uncontrollable reason that lesson will be forfeited. There is no possibility to catch up classes for individual gymnasts due to absenteeism.
8. Late payments will be charged interest added to the following months account.