



# **Essendon Keilor**

## **Gymnastics Academy**

194-196 Roberts Rd Airport West 3042 | t: 93364077 | e: gymnastics@ekga.com.au

### **Arrive on Time Policy**

For safety reasons, all classes include a warm-up component. Warm up is a critical part of a gymnastics program and is essential to ensure all gymnasts are physically and mentally prepared for their gymnastic activities. Please ensure you arrive in plenty of time for so your child can get changed, use the toilet etc. and ready to go by starting time.

When class is due to start, a coach will come out to the gate and invite the children into the gym. A fast moving game to warm up the whole body followed by a group warm up of stretching and joint mobilisation is performed. Children are then split into their classes.

**Anyone arriving five minutes or more late for class will not be allowed to participate.**

No refunds or make ups will be offered.

Parents/guardians are responsible for supervising their children prior to and after classes.