

RULES OF THE GYM

1. Wait outside the gate until the Coach has called your class onto the floor.
2. Place all belongings into pigeon holes provided.
3. Listen carefully & follow the Coach's instructions.
4. Tell your Coach immediately if you get hurt or have any injuries.
5. Never leave the gym area without a Coach's permission.
6. Do not leave the gym area (outside of the gate) without an escort eg. a parent, carer, guardian or staff member.
7. No jewellery to be worn. Ear studs and sleepers are okay.
8. Hair must be neat, tidy and pulled back off face at all times.
9. Drink only water in the gym area. No other drinks or food permitted in the gym venue area.
10. Do not touch any of the mirrors.
11. Obey all the rules numbered 1-10 and you will have fun.

