



*New day and time for open workouts
beginning, Tuesday, June 19*

OPEN WORKOUTS 7:30-9:00pm

FOR BOYS & GIRLS FIRST GRADE AND OLDER

*Supervised sessions for your child to do extra
gymnastics/tumbling!*

Members of our program-\$10/day

Non-Members-\$15/day

Rules of Open Workout

- 1. No horseplay*
- 2. Only use equipment for its designated purpose*
- 3. One person on a piece of equipment at a time*
- 4. Do not try any skill that you are unable to perform by yourself safely!!!*
- 5. No shoes in the gym unless you are tumbling for cheer purposes!*
- 6. No food or drink is permitted in the gym*
- 7. Sign up by the Thursday night before each Tuesday session.
Call by noon on Friday for late add ons!!*
- 8. If not a member of our program, you must have a signed waiver
from a guardian or parent if under 18 years of age. Those waivers
are on our website: www.gymdandys.com*

NO OPEN GYM TUESDAY, JULY 31