



Oakville Gymnastics Club

Drop-In Program

Join us for our Drop-In Program – an unstructured, care-giver supervised time for kids to explore the gym, enjoy a playdate, and make new friends! Fun circuits and games will be set up each week.

AGES: Walking unassisted to 5 years

PRICE*: \$22.50 per athlete

* \$35 Gymnastics Ontario fee must be paid after 1st visit (expires June 30th)

ATTIRE: Athletic wear, shorts and a t-shirt (or other comfortable clothing - no skirts, jeans, belts, buckles or zippers), have hair tied back, bare feet and no jewelry.

DROP-IN/GYM RULES:

1. Additional adults and children may not watch from the viewing area, as it is closed until further notice.
2. Only one athlete at a time on a trampoline. **NO DOUBLE BOUNCING**
3. Rope Climbs: When using the ropes athletes must: wear a face mask, wear longs or legging or trackpants. Gymnasts must use hand sanitizer before and after climbing the rope. Gymnasts may use a minimal amount of chalk after they have sanitized their hands. Keep the rope area clean.
4. The foam pits will be off limits. All foam pits will be covered with vinyl landing mats. Athletes can still land on the vinyl mats which can be cleaned after each user.
5. The water fountain will be used as a filling station only. Athletes/coaches/staff are to bring their own labeled, water bottle from home already filled. No sharing of water bottles. Coaches will be required to sanitize hands before and after filling water bottle.
6. **No food, drink or gum** is permitted in the facility.
7. **No photos or videos** are permitted in the facility.
8. Please leave your belongings in the open change room area. The gym is not responsible for any lost or stolen items.
9. Cell phone use is not permitted in the gym.

The OGC Supervisor is there to provide safety and guidance for all participants. Please follow the Supervisors' instructions at all times, ask for equipment when needed, and let them know if you have any questions, concerns or comments regarding the Drop-In Program. Please be advised that Gymnastics Ontario is not permitting any spotting in our Recreational programs at this time and coaching will be handsfree. The maximum number of participants will be determined by the OGC on a weekly basis. The Club reserves the right to remove any participant for non-compliance. Thank you and have fun!