



# Aspire Gymnastics Dubai

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## **GYMNASIUM RULES AND SAFETY GUIDELINES**

Please carefully read this form.

We would like to take this opportunity to thank you for choosing Aspire Gymnastics Dubai as your child's gymnastics provider. The following information will be beneficial to you in order to help us keep everyone in the gymnasium safe and that your child and the other gymnasts get the most out of their gymnastic training.

### **GENERAL INFORMATION**

- All gymnasts must arrive 10 minutes prior to the beginning of their training session.
- Gymnasts are not allowed to use equipment in the absence of a supervising coach or without permission.
- While inside the gymnasium siblings may not play with or on any of the equipment on site as this may cause accidents and/or distract gymnasts during their training session.
- Spectators (parents, guardians, siblings,...) must wait in the designated areas. Noise in this area is to be kept to a minimum.
- Food and drinks are only allowed in the area allocated to spectators. During their break, gymnasts are allowed to eat or drink in the therefor allocated area reserved for our gymnasts.
- Please ensure if you are not waiting inside the gymnasium with your child when they are training that you arrive back to the gymnasium at least 10 minutes before the end of the lessons in order to be able to collect them. Children are not allowed to leave the gymnasium unaccompanied.
- Parents/guardians 'Starters' level gymnasts (3-4 years old) should be present in the allocated area for the duration of the training session.
- Should your child be coming to our classes from within the school, it is your responsibility to bring them to the gymnasium.
- Parents and guardians are not allowed to approach any of our coaches during a training session.

### **INFORMATION FOR THE GYMNAST**

- Gymnasts must follow the trainer's instructions at all times.
- All jewelry must be removed before the start of the class.
- Hair must be neat and tied back at all times.
- Gymnasts should not wear shoes or socks.
- All female gymnasts should wear a leotard. It is allowed to wear a close fitting T-shirt and/or shorts or leggings on top of the leotard.
- Ballet leotards with an attached skirt or frills are not allowed.
- All male gymnasts should wear comfortable fitting sports shorts and a close fitting T-shirt.



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- Clothes with buttons or zippers are not allowed.
- Gymnasts with religious concerns must wear clothing that does not interfere with their safety.
- When representing the club at an event or competition gymnasts are to wear the club uniform.
- All gymnasts should provide a water bottle. Gymnasts of our more advanced classes ('Pre-Team Advanced' and 'Team') should also provide a light snack.

## **TERM FEES & PAYMENT CONDITIONS**

- All classes are to be paid in full (cash only) at the time of registration.
- There is a 100AED non-refundable yearly registration fee.
- Children starting in the middle of the term will pay the term fee with a pro-rata reduction of the term fee.
- Families with 3 or more children registered at Aspire Gymnastics Dubai get a reduction on the term fee.
- Term fee refunds are only allocated in case of injury or illness and subject to submission of a medical certificate. Refunds occur on a pro-rata basis of the tuition fee only.
- A maximum of 2 catch-up lessons will be offered per child per term. Any absence has to be announced at least 2.5 hours before the beginning of that class. No catch-up classes are allowed for unannounced absence.
- Catch-up classes can only be booked by mail, the booking has to be made the latest 48hours before the start of the class and your booking has to be confirmed by mail.
- If a student is dismissed because of improper conduct or unsafe behavior, the term fees are not refunded.
- Classes or term fees are not transferrable to other children.

Thank you for taking time to read. Although it may seem extensive we hope that you appreciate our efforts to ensure that the gymnasium is as safe as possible for your children.

The Aspire Gymnastics Team