

Apex Gymnastics Policies and Procedures

1. A 30-day written notice is required for termination of a class.
2. All students are required to wait inside the building for their rides after classes. We will NOT release a student to anyone they do not know or feel uncomfortable with.
3. Parents will refrain from coaching their child(ren) from the bleachers/sidelines.
4. Parents will monitor siblings in the waiting area. NO climbing on the wall, bleachers or playing in the water fountain.
5. Only staff and students currently taking classes are allowed on the gymnastics "floor."
6. Notify the office via email or telephone if your child is going to miss class for any reason.
7. If your child suffers an injury and has to miss class, we will only waive tuition and save your child's slot in the class with a doctor's note explaining the injury and the length of the absence.
8. Sportsman like conduct is expected at all times in the gym. After 2 warnings, the individual will be dismissed from the gym.
9. In case of inclement weather, call 919-303-7976, visit our website at www.apexgymnastics.com or the local TV stations for closing information.
10. No alcohol or illegal substances allowed on premises.
11. Our facility is a smoke-free environment.
12. Your gymnast's hair must be pulled back in a tight ponytail using ponytail holders, not scrunchies, and sprayed and clipped into place. This should be done before they arrive so as not to interfere with class time. All of their hair should be pulled back into place without bangs falling into their face.
13. Please plan to arrive 5 to 10 minutes early so class can start on time.
14. Those not in class should remain in the reception area.
15. No running in the gym.
16. Proper gymnastics attire.
17. Girls - Leotards or shorts and tee-shirt.
18. Boys - Shorts / Pants with tee-shirt.
19. Bare feet only. No shoes or socks.
20. No jewelry.