

Welcome to Patti's All-American!

Important Enrollment & School-Age Gymnastics Information

Welcome to our gym family! Please review these guidelines to help ensure a smooth, safe, and positive experience for your child.

Facility & Arrival Guidelines

1. **Arrival Time:** Please arrive 5–10 minutes before your scheduled class time (or earlier if purchasing apparel at the front desk).
2. **Sibling Supervision:** Parents must monitor children before class and supervise non-participating siblings at all times. Siblings are not permitted inside the gym or dance rooms.
3. **First-Day Check-In & Nametags:** All parents must come inside on the first day to confirm a signed online policy agreement is on file. Please pick up your child's nametag at the front desk before class.
4. **Belongings & Preparation:** Cubbies are located inside the gym and dance dressing room for coats and shoes. Students can change into gymnastics shoes on the carpet at the edge of the spring floor, then wait on the benches or bleachers until called.
5. **Restrooms:** Remind your child to use the restroom before class begins. If they need to go during class, they must ask the teacher's permission first.

All-American Tumble Fest:

Annually we host an offsite Tumbling Showcase for all gymnastics and tumbling students!

- January: Leotard sizing takes place in class.
- February: AutoPay processes for showcase fees.
- April: Showtime!
- Opt-Out Policy: If your child cannot perform, you must opt out before AutoPay is processed at the end of January.

What to Expect: School-Age Gymnastics & Tumbling

Benefits & Philosophy

Gymnastics and tumbling build flexibility, strength, and coordination—while also improving listening skills, confidence, and self-image.

Our instructors utilize all three core learning modalities (auditory, visual, and kinesthetic). If you see a group sitting briefly with their instructor, they are listening to instructions and watching visual demonstrations before practicing the skills physically with a spotter.

Dress Code & Safety

- Girls: Leotard and gymnastics shoes. Hair must be tied securely back off the face. No jewelry.
- Boys: T-shirt (tucked into cotton athletic shorts) and gymnastics shoes.

Spectator Guidelines & Encouragement

- Stay & Support: Parents are welcome and encouraged to stay! Kids thrive on seeing your support. After class, celebrate their effort with positive compliments.
- Leave Coaching to the Staff: Please refrain from calling out suggestions from the bleachers. Our coaches handle all corrections and skill instruction.
- Individual Progress: Avoid comparing your child's progress to others. Instructors are trained to teach multi-level groups and give each athlete equal attention.

Next Steps for Skill Progression: If you feel your child would benefit from extra practice, consider adding a 2nd class, booking a private lesson, or asking the instructor for specific skill tips.

