



Ritmo Gymnastics

306.717.1849

ritmogymnastics@gmail.com

Recreational Program Regulations

All athletes and parents must agree to the following in order to begin training in the recreational program:

- Give prior notice of any absences to the coach as far in advance as possible.
- Come to class in proper training attire:
 - Form fitting athletic wear or a gymnastics bodysuit, with hair up and out of face. No long baggy pants, restrictive clothing, or jewelry.
- Arrive at least 10 minutes early to change and be on the floor ready for warm up.
- Advise coach of any injuries/illness **before** class begins, and update when necessary.
- Familiarize themselves and act according to the Ritmo/Gym Sask [code of conduct](#).
- Maintain a positive and respectful attitude towards all Ritmo coaches and athletes.