



June 12 - August 31, 2017

Open Gym & Preschool Playtime

OPEN BOUNCE **All Ages**

- ✓ Ages 5 and under **MUST** have a parent present in the gym.
- ✓ Ages 4 and under **MUST** have parent supervision on the floor, as well as all equipment inside the gym area.

Mondays - 1:00p-2:30p & 3:00p-4:30p*
Tuesdays - 2:30p-4:00p
Wednesdays - 2:30p-4:00p
Thursdays - 2:30p-4:00p
Fridays - 1:00p-2:30p & 3:00p-4:30p*

Punch cards	Pricing
10 Visits (All Ages)	\$90
5 Visits (All Ages)	\$50
Individual (one time visit)	\$12

"Open Bounce" is a supervised, non-instructional event. It is designed for students to have extra practice on skills they have already learned in class. Participants are **NOT** to use open gym to attempt new skills. To learn new skills, try a class or private lesson!

NO JEANS ALLOWED!
(see back for rules and appropriate attire)

**Special Bonus for Mondays and Fridays: If you pay for both sessions (1:00p & 3:00p) at the time of sign in, you may stay on the floor from 2:30p-3:00p for no additional charge.*

PRESCHOOL PLAYTIME is for all children from **walking up to 4 years old**. Bring your preschooler to this open session we've created just for them. This special time allows you and your preschooler to explore the bars, tumble track, foam pits, floor area, beams, trampolines, parachute fun, and air trak with the help of a preschool coach. Come spend quality time with your little ones as they develop coordination and balance, develop body awareness, make friends, and most of all, have FUN!

Fridays 9:30a-10:30a

10 visit punchcards - \$60
Individual Visit - \$7

***WE HAVE DEDICATED THIS TIME TO PRESCHOOLERS ONLY!!!!
NO OTHER ATHLETES WILL BE ON THE FLOOR DURING THIS PLAY TIME.***

We reserve the right to limit the number of participants once over 50 kids. Sign-in begins 15 minutes prior to the start.

2755 Arena Drive, Hartland, MI 48353
810.632.7222, x2
HartlandSportsCenter.com



PLEASE GO OVER OUR GYM RULES WITH YOUR CHILD:

Important Info:

- ✓ ALL Participants MUST be signed in by a parent, or have a parent-signed release form on file - you may print one from our Open Gym page at HartlandSportsCenter.com.
- ✓ NO one over the age of 23 is permitted on the gym equipment.
- ✓ NO Food, Gum or Beverages allowed on the gym floor.
- ✓ NO Electronics on the floor.
- ✓ Student must remove his/her shoes & socks before class. Place belongings in a cubby. Students must wait on bleachers until the coach calls class to the gym floor.
- ✓ All students must wait INSIDE the building until parent has arrived to pick them up from class .
- ✓ Ages 5 and under MUST have a parent present in the gym.
- ✓ Ages 4 and under MUST have parent supervision on the floor, as well as on all equipment inside the gym area.

ATTIRE:

NO JEANS ALLOWED! No jewelry other than stud earrings. Hair pulled back if long.

Girls: Leotard, Shorts, Athletic Pants, T-shirts, Tanks, (no sports bra tops).

Boys: Shorts, Athletic Pants, T-shirts, Tanks.

SCHEDULE: Subject to change. Always check our website for most up to date schedule.

Open Gym Rules:

GENERAL

- No running from event to event.
- Anything you move, put back when you're done.
- No rough housing. No fighting. No harassing or bullying. This is a fun, safe place.
- Students may not spot other students.
- NO attempting new skills. Head-over-heels rotation is dangerous and must be learned in a controlled , class environment.
- **Students who cannot adhere to safety rules must sit out.**

TRAMPOLINES

- 1 Person at a time.
- Walk ON and OFF.
- No walking or waiting on the surrounding red mats.
- NO bouncing tramp-to-tramp OR tramp-to floor.
- White Trampolines may be open at Coach's discretion.

TUMBLE TRAK/AIR TRAK

- One way street toward the flag wall.
- No jumping from top of mountain, slide down.
- No using mountain for wall flips
- Look both ways before crossing and make sure pit is clear if landing in it.

PITS

- 1 person at time (wait for person in front of you to get out).
- NEVER head-first or belly-first (land on seat, feet or back).
- DO NOT pick/dig at or throw the foam cubes.
- DO NOT bury yourself in the foam pit.

ROPES & CARGO NETS

- You must climb up and down hand over hand.
- No sliding or dropping down.
- No swinging.

OFF LIMITS

- Anything with an Orange Cones
- Double Mini
- White Trampolines may be open at Coach's discretion.
- Anything with an orange cone.
- Vaults.
- Punching Bags.
- Mini-Mountain closed during Preschool Playtime.