

# Drop In Gymnastics

At GKWG

**What:** Drop In Gymnastics is a structured class session to work on your favorite event or strengthen skills needed for any sport. Coaches will spot skills and teach proper progression during class. Coaches will supervise all participants during practice time.

**Who:** All Recreational Students, Team Gymnasts, Dancers, their friends, parents or other adults. Skateboarders, snowboarders, cheerleaders, skiers, and Xtreme martial artists often use our trampolines and pits for mastering new gymnastics tumbling skills.

**Age:** Minimum age is 6 years to participate without a parent.

**Cost:** \$10 cash each per week with an annual membership of \$10 each and a completely filled out and signed Registration form. It is also mandatory that students and parents read and sign the Heads Up Concussion forms. Membership expires on August 31 each year. **Registration forms must be complete and signed by a parent if participant is under 18.**

**When:** From 6:00-8:00 pm (no late arrival allowed)  
on Fridays Sept - May  
and on Wednesdays June - August.

**Exceptions:** Late August, Thanksgiving week  
and school winter holiday breaks.

Cancellations are occasionally necessary during home meets and will be posted when necessary.