

## FAQ:

- ❖ I filled out the Google form, what now?
  - You're all set! You should receive a conformation email after submitting the form, but that's all you'll need to do before class. We can't take payments online, so you will need to wait until the first class to do so. For the first class feel free to show up a few minutes early so we can get you checked in and introduce ourselves.
  
- ❖ Can I jump into classes in the middle of a session, or do I have to wait for a new session to start?
  - Yes, you can! Just sign up for the session you would like to jump into and send an email to [talenea@gmail.com](mailto:talenea@gmail.com) to confirm your start date. We will prorrate the missed classes.
  
- ❖ Do I need to stay for my child's class?
  - As long as your child can use the bathroom by themselves, you do not have to stay. Due to policies set by USA Gymnastics, we are not allowed to take a child into the bathroom by ourselves, so you would only need to be present for the entire class if your child cannot use the bathroom by themselves. If you do not stay, we do recommend you come inside to pick up your child as we do not want children walking around in the parking lot unattended.
  
- ❖ What does my child wear?
  - Athletic clothes. That could be shorts and a t-shirt or the most bedazzled leotard they own. We just want them comfortable and able to move. The more important thing is hair. Kids with long hair need it in some sort of ponytail or braid so they don't accidentally pull it or have it in their eyes.
  
- ❖ How can I pay?
  - Cash, Check, Card, and Venmo. We cannot take payments online at this time, so they will need to be made in person, or through our Venmo option - @Talene-Amirkhanian. On all payments, please put your child's name, class time, and session.

- ❖ My child is 5, should we sign up for preschool or a one-hour girls gymnastics class?
  - These two classes are a bit different. In preschool gymnastics, we introduce the beginner gymnastics skills with our main focus on fun - we add games and play into our gymnastics stations. This option is geared towards kids who have just turned 5 and are completely new to the world of gymnastics. In a 5 & up class we begin perfecting the basic gymnastics skills (handstands, cartwheels, etc.), using the bigger equipment, and adding in strength skills to help them progress to the more advanced skills. The choice is yours! If you choose one option, and it does not work out, you can always switch it up the next week to find the best fit. You do not have to wait out the whole session to try a different class option if the original one is not working.
  
- ❖ Can my son take a girl's class?
  - Absolutely. At Upstate we only have women's gymnastics equipment, so we can't have a strictly boys class. Although boys are free to join a girls class, they may be the only one, so please take that into consideration. During the summer sessions we have a ninja boys class that is a great option for the guys. It's a big obstacle course and we work on gymnastics, strength, flexibility, and fun!
  
- ❖ Can my child try the first class before I pay?
  - We suggest this! If you are new to gymnastics and aren't sure your kid is going to love it, wait to pay until after the first class. Make sure to have the form filled out beforehand still. This way if they enjoyed it, your spot in the class is secured.
  
- ❖ What Happens during open gym?
  - There is an instructor present to make sure everyone is being safe, but it is not an instructor lead class and is more independent in nature, so the instructors are not obligated to spot the children and work one on one with them. Your child can come in and spend time jumping on the trampoline or work their cheer tumbling into our pits. There may be a very large age range and skill range.