



Thank you for registering for our gymnastics lessons! Here are some helpful hints to help make your gymnastics experience a pleasant one!

- We are located at 1901 Miller Rd., East Petersburg
- A waiver must be filled out (found on Spooky Nook's website or at Lanco Guest Services)
- Students are registered for a 4 week session of gymnastics (or for the remainder of the current session if it is your first month). Please be sure to re-register at the beginning of each new session/month
- Students can wear a leotard but shorts & a t-shirt are acceptable (just not too baggy)
- No shoes required
- Please have long hair pulled back
- No jewelry may be worn (small earrings are acceptable)
- No chewing gum permitted
- Students may carry water bottles with them during their lesson. Clear liquids only!

Once you have arrived:

- Morning lessons enter using the side door & follow signs to the gymnastics area
- Evening lessons enter through main door and proceed down the hall past the batting cages
- There are cubbies for coats and shoes on either side of the gate entrance
- Students wait on the bleachers for their instructor(s)
- Once instructors collect students, parents/siblings remain on the bleachers
- If your student is in a **Tiny Cat** lesson, a parent or guardian will participate in class and go into the gym with the instructor. You do not need to remove your shoes, but you may want to wear comfortable clothing. There are cubbies inside the gym for parent belongings.
- Students will return to the bleachers at the conclusion of their lesson
- A parent or guardian must be present at the conclusion of their lesson or students will remain inside the gate until picked up
- No unauthorized personnel in the gymnastics area while lessons are in progress
- There is still a small sibling play area with toys in our "old waiting room" that siblings may use. This room is through the double doors across from the Guest Services area.

Please let us know if there's anything we can do to make your gymnastics experience better for you or your child(ren)! Our goal is to strive for excellence!