

# Open Workout

## Fridays 6:30-8:30pm

Call 716-665-8081 for dates and availability

\$5.00 for members / \$10.00 for non-members

Ages 5 - 18

Open workout ends promptly at 8:30 pm.

\$3.00 charge for late pick ups, \$6.00 after 15 min.

**ATTENTION: Children must not wait outside. Parent must come in to get them. Thank You.**

Open Workout is 2 hours of supervised play in a safe environment. Trampolines, foam pit, spring floor, beams, parallel bars, high bars, rings, soft mats and much more - all add to the enjoyment. Practice a specific skill you are trying to achieve or just come for the fun!

- NO RUNNING!
- NO GUM
- 1 person on ANY piece of equipment at ANY time
- No FLIPPING unless instructor approves each week
- Do NOT spot each other. Only Stroup's employees may spot.
- Walk AROUND the floor, NEVER cut across it. People are cross tumbling.
- PARENTS VIEWING AREA is for open workout as usual
- Stroup's Staff only may operate any stereo equipment
- Stroup's staff has final say
- Parents, siblings and friends may participate
- Anyone may watch, no one other than Stroup's staff may coach.

*It is understood these rules are accepted and will be adhered to when open workout is paid for. It is the parents responsibility to read these and be sure their child understands them. At Stroup's staff discretion, if the rules are broken, gymnasts will be asked to sit out until they are picked up. This is for safety most of all. There will be no refund for early pickups.*