

FIRST DAY OF GYMNASTICS: Welcome to ATG



I am going to Appalachian Tumbling & Gymnastics where I will learn fun things!



On my first day, I will check in at the front desk. My coach's name is _____.



I will place my shoes and other belongings in a cubby



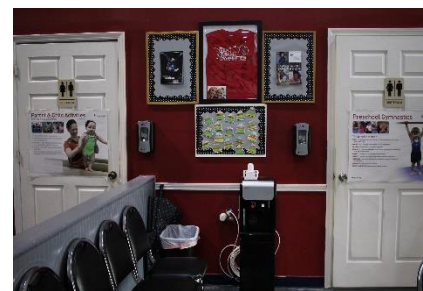
I will wait for my class to be called by my coach in the waiting area outside of the gym floor



When my class is called, I will line up on the vault runway next to the cubbies waiting for my coach.



There will be several things to learn and do inside the gym. I will need to make sure I listen to my coach for safety instructions.



There is a water station located in the lobby if I forgot my water bottle. Press the Primo button and then I can start filling my water cup



My family can wait for me in either waiting area until I have finished my class. If I am school aged, my family can leave and return by the end of class if needed



Contact Us!

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Recommended Attire for Girls

- Leotards (encouraged but not required)
- Long hair pulled back into a pony tail
- Bare Feet

Recommended Attire for Boys

- Tucked in shirt and athletic shorts/pants
- Bare Feet