

# Olympia Gymnastic Training Center

## Field Trip Information

Thank you for inquiring about our fun Field Trips! The following are important policies regarding this event. Please read them carefully, your full understanding of the rules and procedures is appreciated. Thank you in advance for your assistance in making your special Field Trip day a BIG success!!

- 1) DEPOSIT: A deposit of \$25.00 will be required to secure the day and time. If you cancel prior to one week of the reserved date the deposit is refundable. The balance due is payable in full by check the day of field trip based on number of children confirmed. Make checks payable to: Olympia Gymnastic Training Centers. (If paying with cash, exact change is needed).
- 2) IMPORTANT RELEASE FORMS: The parent/guardian giving Field Trip is required to have all release forms signed by each child's parents prior to their participation. At least one adult must remain while Field Trip is in progress. We appreciate assistance from your staff during the field trip with group control, however because of insurance guidelines your staff will not be permitted to participate on the equipment during the field trip.
- 3) SCHEDULING: Days and time available revolve around our present class schedule and other activities held in our gym, so book your Field Trip early to reserve your special day!
- 4) APPROPRIATE AGES: Our Field Trips are designed for children 3 years old and above. Children attending a Field Trip of 10 or fewer children should be within the same age range, as it is difficult to design the fun activities around very different age groups. Groups with more than 10-12 children will have more than one instructor allowing us to separate children ages 3 and up into different age groups. We ask that you please make arrangements for small children under the age of 3, who are not participating in the Field Trip.
- 5) ACTIVITIES: All Field Trips involve fun gymnastic related activities, and will be held in the gym for 1 hour or 90 minutes. The Field Trips begin with introductions, warm-ups, and a thorough explanation of the safety rules. The remainder of the time will be spent in structured fun activities and games.
- 6) NUMBER OF CHILDREN: You are welcome to invite as many children as you like, the minimum is eight. Please let us know your projections as least two weeks in advance so that we may adequately staff your Field Trip. **Payment is based on number confirmed two days before event and includes additional children.**
- 7) ATTIRE: Proper dress should be both t-shirt and loose fitting gym shorts without zippers, buttons, or buckles or a leotard. Children participate without shoes or leg tights. For the safety of the children, long hair must be tied back and jewelry and watches removed. No chewing gum, candy or food is allowed during the field trip for safety reasons.
- 8) TIME SCHEDULE: Please arrive 10 minutes before scheduled field trip time. We encourage Field Trips to begin and end on time, there are often other activities scheduled in the gym or Field Trip area. If possible, please have children wear "first name" name tags to the field trip or fax a list of the children's names to us prior to the field trip.

