



**FLIP**  
it out  
Dress Code Info

**ADDRESS:**

124 S Main Street  
PO Box 492  
La Crosse, VA 23873

**FACEBOOK:** <https://www.facebook.com/flipitout/?fref=ts>

**EMAIL:** flipitoutgym@gmail.com

**TELEPHONE NUMBER:** (434)757-1209

## **Dress Code Requirements**

Leotards are preferred, but girls may wear tucked in t-shirts and shorts. Shorts may be worn over leotards. Boys can wear tucked-in t-shirts and shorts. No buttons, belts, or zippers should be on shorts. If shirts are worn, please make sure the shirt is fitted enough to not flip over their heads when upside down. All students should be barefoot while in class. No socks can be worn in class. Hair should be pulled neatly and securely away from the face so that it stays up for the entire workout. No jewelry is allowed except for stud earrings.

## **Gymnastic Policies**

- Students must be signed in by a parent or guardian upon arrival and signed out when leaving. Flip It Out is not responsible for children who are not signed in and out.
- Parents are not allowed on the gymnastic floors without permission from an instructor.
- Food is not allowed in the gym.
- No chewing gum is allowed anywhere in the gym.
- Gymnast must use the restroom before class. Leaving during class time is discouraged.
- Students must wear a cover-up to and from gymnastic class.
- Students must come to class in dress code.
- Parents must supervise all accompanying siblings in waiting areas.
- **Children cannot be left unattended.**
- Flip It Out staff is not responsible for providing care to students before or after class. If a student is left at the gym unattended for over 15 minutes, a fee of \$1 per minute after class ending time will be charged to your account. We understand that there could be extenuating circumstances that prevent you from coming on time. In that case, you must call the studio to inform us and avoid the charge.
- You must inform Flip It Out of ANY health issues of your child.
- No loitering or eating outside of the building.
- All children must remain inside the building while waiting to be picked up. Participants are not to be left unattended outside the building at any time.
- Any injury, no matter how minor in appearance, is to be immediately reported to instructor.

- If a student is under the care of a physician for an injury, it is required that a physician's release be submitted to allow the student to resume normal activity prior to the student returning to class.
- Autopay must fill out form. If an account cannot be processed on the first, a \$15 late fee will be charged.