



Orlando Metro Gymnastics

A History of Excellence

Very Important

September 11th—13th

Orlando Metro Will Be Hosting
A National Team /Training Camp
On The Following Days

Fri, September 11th—3:00—7:50

Sat, September 12th—12:00—7:30

Sun, September 13th— 9:00—12:00

*****NO PRACTICE HOURS ON
FRIDAY, SEPTEMBER 11TH**

*****NO AFTERNOON CLASSES
ON FRIDAY**

**SEPTEMBER 11TH PLEASE
SCHEDULE A MAKEUP FOR**

*****SATURDAY, SEPT. 12TH
AM CLASSES AS NORMAL**

AVAILABLE CLASSES

Mom & Me—Walking—2 yrs old

Tiny Tots—3 years old

Tots—4 years old

Tiny Beginner—5—7 years old

Beginners-8 yrs old & Up

Beginners II-8 years & Up

Adv Beg-8 years & Up

Intermediate-8 years & Up

Int—Adv Gymnastics 8 years & Up

Tramp & Tumbling Classes-5 & Up

Jr. Cheer Tumbling 5—9 years old

Cheer Tumbling Classes-10 & Up

Girls Competitive Gymnastics Teams

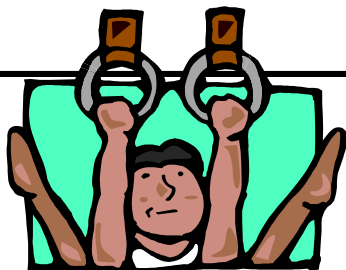
Boys Competitive Gymnastics Team

Taekwondo

Competitive Cheer Squads

Hip Hop Dance

We encourage you to invite family and friends to come and try a class. We have “trial cards” in the office. You will receive \$10.00 for each referral



Very Important Information—Read Carefully

Orlando Metro Gymnastics has been in business for 18 years and we are ranked in the top six for the best recreational and team programs. We are always striving to be the best we can be and work diligently to provide the best training, coaches, equipment and facilities for our customers.

Our class and team coaches have over 350 years combined experience in gymnastics training. We proudly display our coaches' pictures and a little bio on each of them in our front lobby. Our coaches are safety certified and carry many accreditations and honors.

Please feel free to stop by the front office if you have any questions!

Very Important Policies & Procedures

- **Tuition is due the 1st of each month. A late fee of 10% is added on the 5th of the month and the tuition and late fee is charged on the 6th of the month if unpaid**
- **1 Make-up for every 2 classes missed. Please schedule your make-ups within 60 days of the missed class through the front office.**
- **Classes are year round**
- **Classes end July 24, 2010.**
- **All students must re-register each year.**
- **A “30 Day Drop Notice” must be received prior to dropping from the class. Written notice must be received on the 1st of the month prior to the month dropping. If notice is not received 1 month’s tuition is due No exceptions are given for this policy.**
- **Tuition is based on 4 classes each month**

Benefits of Gymnastics

The parent who states that they think “...gymnastics would probably be good for their child” might be surprised to know just how good it is. Studies show that children learn cognitive skills more effectively in an environment that includes the body as well as the mind. Gymnastics and early childhood movement education is directly attributed to developing neurological pathways in students promoting reading readiness. Researchers have found a relationship between physical activity and children’s self-esteem. In a study of school-age youth researchers found that the

risk of substance abuse by adolescents is decreased by physical training programs that incorporate better life skills. Better school attendance, lower anxiety and depression and decreased use of tobacco and alcohol were also reported. Studies have also shown children actively engaged in youth sports are less likely to be involved in self-destructive and anti-social behavior and juvenile crime.

Gymnastics is the foundation of all sports. Gymnastics develops and improves:

- Coordination
- Flexibility
- Strength
- Listening and following directions skills
- Self-esteem
- Confidence
- Attention to detail
- Perseverance
- Goal-setting and concentration

Free Practice Hour For Registered Students

Orlando Metro Gymnastics offers a Free Practice Hour for registered students. This is a structured hour with the coaches working with the students.

L.B. McLeod Schedule As Follows:

Friday 4:30—5:25 Tiny Tots & Tots
5:30—6:25 Tiny Tots & Tots
Friday 6:30—7:25 Ages 5 & Up
7:30—8:25 Ages 5 & Up
Wed. 6:30—7:25 Ages 5 & Up

Waterford Lakes Schedule As Follows:

Friday 4:30—5:25 Tiny Tots & Tots
4:30—5:25 Ages 5 & Up
5:30—6:25 Tiny Tots & Tots
5:30—6:25 Ages 5 & Up
6:30—7:25 Ages 5 & Up

You must sign up for the Free Practice Hour each week. The sign up sheet is available on Mondays @ 9:00am and we recommend you sign up early to secure a spot. The Practice Hours are 1st Come-1st Serve! If you do not pre-register, your child will not be allowed to participate. Please call and cancel if you cannot attend so we can open the spot for someone on the Waiting List.

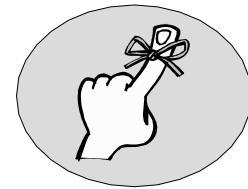
Orlando Metro Gymnastics reserves the right to cancel the Free Practice Hour due to holidays or special events.

Non-registered students are not allowed to participate in the Practice Hour. Student must be enrolled in class to participate.

The Practice Hour cannot be used as a trial class.

REMEMBER.....

You must sign up for the practice hour in the front office. If you do not sign up for the Practice Hour you may not be allowed to participate if the Practice Hour is full.



Orlando Metro Closed The Following Days-Mark Your Calendar

September 7th—Labor Day

Students With Class On Monday Need To Schedule A Make-up

November 26th—29th – Thanksgiving

Students With Class On Thursday, Friday or Saturday Need To Schedule A Make-up



December 20th—Jan. 6th

Christmas Break

No make-ups needed for this break. Classes resume January 7th

March 11th—18th—Spring Break

Not a week of scheduled classes.

No make-ups needed

May 26th—Memorial Day

Students with class on Monday need to schedule a makeup.

July 4th—Independence Day

Closed Friday, July 4th & Saturday, July 5th for the 4th of July Holiday
Friday and Saturday students need to schedule a make-up.

No Practice Hours will be offered on the Fridays Orlando Metro is closed.

Your Child's Teacher....

It is our goal that your child has the same teacher every week, but unfortunately due to illness, family emergencies, etc. sometimes a sub may be required.

All of our coaches are highly qualified and follow the same training program for each of the levels. In addition if a coach has to be absent he or she will leave directions for the sub as to what the students are working on in class.

If you would like an update on your child's progress or have any questions please leave a note at the front desk and we will be happy to deliver the message to the coach for them to return your call. Please leave the child's name, class they are in and your name and a phone number you can be reached.

Many times the front office can answer general questions so stop by and we will

be happy to assist you in any way we can.

Your child's coach keeps an updated progress report on your child. They will contact you when it is time for your child to move to the next level.



Kidz Sports After School Program

Orlando Metro Gymnastics offers the “Kidz Sports After School Program”

We pick up at the following schools:

L.B. McLeod Location

Metro West Elementary
William Frangus Elementary
Palm Lake Elementary
Windy Ridge Elementary
Dr. Phillips Elementary
Central Florida Prep

Central Florida Christian
Eagles Nest Elementary
Holy Family Catholic School
Learning Center of Dr. Phillips

Waterford Lakes Locations

Waterford Lakes Elementary
Timberlake Elementary
Stone Lakes Elementary
Cypress Springs Elementary

Castle Creek Elementary
Camelot Elementary
Avalon Elementary
Andover Elementary

We pick up at the school and bring them to Orlando Metro Gymnastics. Parents pick up by 6:00pm.

Program includes:

Two (2) Classes of Gymnastics

Sports Conditioning

•Special Activity Day

Hip Hop Dance (L.B. McLeod)

***Dance & Fun Day (Waterford Lakes)**

Our staff will also help with homework. Students bring a change of clothes and a snack.

Cost: \$67.00 .

Registration Fee—\$40.00

In addition the After School Program students receive the following

Teacher Work Days—All Day Kidz Sports DayCamp from 7:30am—6:00pm
Teacher work days are FREE for the Teacher Workdays according to Orange County School Calendar.

Other holidays you receive discounted tuitions such as:

Christmas Break—\$67.00 for 3 Full Days. Savings of \$43.00

Single day holidays are \$20.00 for the full day in addition to the \$67.00 after school fee.

Orlando Metro Gymnastics offers the kidz Sports Day Camp for full and half days on school calendar.

Important Student Attire and Class Information

Required Student Attire:

Girls—Leotard with no leggings or skirt. Hair up in a pony tail and no jewelry other than post earrings. No hoops! Girls may also wear t-shirt and shorts. No buttons or zippers. Gym shorts with elastic waist and t-shirt tucked in. No socks or shoes.

Boys—T-Shirt and shorts. No buttons or zippers. No socks or shoes.

Buttons and zippers can damage equipment and can also be harmful to the stu-

dents. Students may be asked not to participate if not dressed appropriately. Proper attire is available in the proshop if you have forgotten to bring the proper attire.

It is very important that your child is dressed and ready to go when they arrive to class. The first 15 minutes is as important as the class. If a student does not receive the proper warmup time it can result in injury. It also disrupts the class when students arrive late because the coach must take time away from the class to warmup the student that is late. Please

be on time! If a student is more than 15 minutes late they may not be able to participate.

Orlando Metro Gymnastics is not a baby-sitting service. Siblings are not allowed to remain at the gym alone while you leave the facility. We encourage parents to stay at the gym and watch their child while they are in class.

Students may not come early and wait for their class to start without parent.

Flip Flop Shop

One of the hardest skills for a child to achieve is the back handspring. And it is the most desired skills to accomplish. We periodically schedule “flip flop shops” to work on the back handspring. This clinic is designed to accelerate the process in achieving the skill. It is open to ages 5 & up and works on the very beginning processes of the back handspring through the advanced skills of multiple back handsprings or back hand-

spring-back tuck. The back handspring requires good shoulder flexibility, strength to hold themselves in a handstand without collapsing, lead up skills such as handstand, handstand bridge, bridge kick over and proper sit back to lead into the back handspring are just a few of the requirements to the back handspring. The Flip Flop Shop will include these lead up skills and the teaching of the back handspring.

Flip Flop Schedule For Both Locations

Saturday, November 14, 2009

Saturday, January 16, 2010

Saturday, March 20, 2010

Saturday, May 8, 2010

Clinic Time 12:30—2:00pm

\$20.00 for members

\$30.00 for non-members

Please sign up for each clinic Register at the front desk!

Hey Kids! Join Us in December and Have A Blast at Orlando Metro Gymnastics With Your Coach

Saturday, December 8th

All Recreational Students

Ages 3 & Up (Siblings Welcome)

1:00pm—7:00pm

- Gymnastics
- Games
- Contests
- Inflatable Bounce House
- Rudolph's Flight
- Trampoline & Pit

Cost: \$30.00 (Only \$5.00 per hr)



Parents...Don't Miss This!!!

Plan a day of shopping, wrapping gifts, plan a party, plan a special day for yourself or yourself and that special someone.

You can pay a little at a time to budget this great day for you and your child. Balance must be paid in full by November 30th.

It was a blast last year! The kids and the coaches had a great time!

Celebrate Your Birthday At Orlando Metro Gymnastics

Orlando Metro Gymnastics offers Birthday Parties on Saturday. The parties are held @ 12:30pm, 2:30pm and 4:30pm. The first hour is scheduled for the gym activities and includes gymnastics, games, trampoline, and 40' inflatable bounce house at an additional \$35.00 (normally rents for \$280.00).

Orlando Metro provides table cloth and balloons. You provide cake, drinks, paper ware, utensils. This is the best party in town with lots of fun and laughter! To guarantee your spot register for your birthday party at least one month in advance.

Have A Happy Birthday!



Privates



Orlando Metro Gymnastics offers privates for those times when a child needs a little extra one on one help. You can schedule your privates with the coach of your choice. Privates must be done before 3:00pm or after 6:30pm. Privates are scheduled through the coach of your choice and will

be based on their availability. Privates are \$25.00 for 1/2 hour and \$50.00 per hour. Please make your check payable to the coach. If you have any questions please feel free to contact Sandy @ (407) 246-1200 for L.B. McLeod or Jeanetta @ (407) 207-4110, Waterford Lakes

Policies & Procedures

- Orlando Metro Gymnastics requires a “Guaranteed Form of Payment” in the form of a credit card. You must provide a credit card to enroll. Debit cards are accepted
- Make-up policy is 1 makeup for every 2 classes missed. Make-ups must be scheduled through the front desk prior to the makeup and must be completed within 60 days of missed class.
- A 10% Late Fee is charged after the 5th of the month on all unpaid balances. Charged to your card on the 6th.
- Registration fee and tuition is non-refundable.
- Students may not participate in class if tuition is past due
- Students may not be dropped off early or left here after class. We are not a babysitting service.
- Tuition is based on a 4-week month.
- Non-students and parents must stay behind the fence at all times.
- Parents..Please No Coaching
- A “30 Day Written Drop Notice” is required to drop from class. Notice must be in writing 30 days prior to the drop month. Notice must be received at the 1st of the month prior to the month dropping. No Exceptions!!
- Orlando Metro does not send statements. Tuition is due the 1st day of the month.
- Orlando Metro operates year round on a fiscal year of August through July.
- If we are closing due to increment weather we will notify you by e-mail...please make sure we have your correct e-mail on your account and we will also notify the media: Channel 2,6, and 9.

Give Your Child’s Coach A Kudo

Give your child’s coach a Kudo (a special little note in recognition of the superb job they do). The Check Box is located in the office and will be used also as the Kudo box. Cards are located in the front office. Each month we will recognize a coach from the Kudos that have been submitted.

A Great Way For You To Say

Thanks For The Awesome Job Your Coach Does!

We have a wonderful staff and would like them to know much you appreciate what they do for you and your child.

So don’t wait to give your child’s coach a Kudo because it is always nice to hear when you are appreciated.

A TIME TO SAY,
“Thanks!”

Orlando Metro Offers Kidz Sports DayCamp On School Holidays!

Orlando Metro Gymnastics offers the Kidz Sports DayCamp on school holidays. Drop off is as early as 7:30am and pick up for full day is 6:00pm. Half days also available from 7:30am—12:30pm or 12:30pm—6:00pm. Sign Up Early To Reserve A Spot! Prices are as follows:

Single Full Day	\$40.00
Single Half Day	\$30.00
Three Full Days	\$110.00
Three Half Days	\$85.00
Five Full Days	\$150.00
Five Half Days	\$110.00

Program Includes:

- Gymnastics
- Dance
- Taekwondo
- Sports
- Games
- Bounce House Fun
- Arts & Crafts

Team Metro In House Competitive Team

Team Metro is an in-house competitive team for girls and boys. The program was designed to allow girls and boys ages 5 & Up who wish to compete but want a program that does not require the same time commitment or financial commitment as the Orlando Metro Competitive Team Program. This program meets twice a week for 2 hours. Gymnasts will train the same USA Gymnastics routines. The same routines our Competitive Team Program trains. At a later date if a gymnast would like to transfer to the Competitive Program they may have the option if

the gymnast has acquired the skills necessary.

Team Metro competitions will be held at Orlando Metro Gymnastics on the following dates:

Saturday, Oct. 24th

Saturday, January 30th

Saturday, April 10th

Saturday, May 29th

Competition will be held from 1:30pm—3:30pm

Competition Fee—\$30.00

Fee will cover the entry fee for the gymnast, medals, trophies or ribbons

The schedule is as follows:

L. B. McLeod Road Location

Girls Team Metro

Mon & Wed 6:30 - 8:30

Boys Team Metro

Tues & Thurs 6:30—8:30

Waterford Lakes Location

Girls Team Metro

Tues & Thurs 6:30—8:30

Boys Team Metro

Mon & Wed 6:30—8:30

Call For A FREE Trial Class

Schedule Your FREE FUN NIGHT For Your School

Orlando Metro Gymnastics offers a FREE FUN NIGHT for area schools. Fun Night includes bounce houses, cheese pit, trampoline and tumble track, and fun gymnastics. Schools may use this as a Fund Raiser by just letting us know if they would like to charge a nominal

fee which would go back to the school.

FUN NIGHTS are scheduled on Friday nights from 6:30—8:00.

Call Today To Schedule Your School For 1st Choice Of Fridays.

L.B. McLeod

(407) 246-1200

Waterford Lakes

(407) 207-4110



Day Cares, Cub Scouts, Girl Scouts, Boy Scouts

Orlando Metro Gymnastics offers times for groups to come to Orlando Metro Gymnastics. We can cater to your needs. Do you need a session to earn a badge or just want to plan a special party for your group. Call us and we can plan a fabulous party. We have bounce houses, trampoline,

tumble track, cheese pit, fun gymnastics or fitness testing.

Contact Sandy @ (407) 246-1200 to schedule your group!



NEWSLETTER TITLE

Exciting News...Orlando Metro Gymnastics & Aquatics Opening In Baldwin Park...Fall of 2009

Orlando Metro Gymnastics & Aquatics will be opening in the fall of 2009. We will be offering Gymnastics Classes for ages walking through 18 years old, Girls Competitive Gymnastics Teams, After School Program, Kidz Sports Day Camp, Birthday Parties, AND swimming lessons for all ages including a Developmental Swim Team for ages 5 & Up. Additional pool activities include Pool Birthday Parties, Open Swim, Aqua Aerobics, Water Walkers, Lane Swimming and more!

Swim Class Descriptions

Mommy and Me:

Parent child class for children ages 6 months to 3 years old. Parents will be in the water with their child learning songs that teach the child to use and develop their fine motor skills and work on necessary water safety skills such as; reaching for the wall, exploring arm and leg motions, blowing bubbles, and opening eyes underwater. This class will teach both parent and child to become comfortable in the water at a young age.

Beginner Level One Lessons:

Kids beginning at 3 years old will learn safety skills including; using a life jacket, calling for help, identifying lifeguards, and entering and exiting the water safely. Kids will learn to open their eyes underwater and blow bubbles with their mouth while reaching for a submerged object. An instructor will assist the kids with floating on their front and back, along with rolling over from front to back and back to front. The kids will begin to learn arm and leg movements to front and back crawl.

Beginner Level Two Lessons:

Kids will learn how to move in the

water with the life jacket on, and step or take a small jump into the water. Kids will be able to identify lifeguards, call for help and exit the water safely. Kids will learn to float on their front and back, and roll over, without assistance. They will learn new skills such as; gliding on their front and back with and without kicking, swimming front and back crawl, and swimming on their side using arm and leg movement. In chest deep water the kids will learn to use their arms and legs to successfully tread water.

Stroke Development Level 3:

Swimmers will learn to breath on their side while swimming front crawl, glide on their front and back using two different types of kicks, change from a horizontal to vertical position on their front and back, and how to shallow dive while sitting on the wall. The kids will learn to properly swim front and back crawl, butterfly kick with the arm motions and swimming on their side.

Stroke Development Level Four:

Kids will learn and be able to perform; Shallow water diving, swimming underwater, swimming front and back crawl, butterfly, breaststroke, side stroke, elementary backstroke, and treading water using a sculling motion and three different kicking motions.

High School Development:

High School age swimmers wanting to work on stroke technique in a small group with qualified instructors. Swimmers may work on; open turns, flip turns, breathing off the wall, and stroke technique and drills to help better their swimming potential.

Developmental Team:

Skillful swimmers who can efficiently swim all required strokes in level four. These swimmers will learn and execute

open turns and flip turns while using them in their strokes. Swimmers will work on breathing skill, while swimming and coming off the turns, and begin to build endurance to prepare for swim team.

Swim Program

All swim lesson sessions are organized in two week increments. Classes are set up by skill level, not necessarily age. There is a certain criteria each individual swimmer must meet in order to advance to the next level of swimming. Please understand each child does not develop at the same rate. If a child is unable to meet every criteria set for the level, regardless of the reason, we will ask for the child to repeat the class until the child can adequately perform each necessary skill. This is our way to ensure each child is able to learn the most out of each session.

Lacey Nickell

Aquatics Director

As a competitive swimmer for nine years, I started teaching swim lessons in 2006. I am WSI, CPR, AED, and first aid certified by the American Red Cross. I began my coaching experience when I was in high school volunteering with special Olympics and the Boys and Girls club. I was a volunteer coach all four years of high school, and became a certified coach in 2008 by the state of Florida. I have coached swimming for two years from ages 6 months through adults.

Our coaching staff is WSI and CPR certified through the American Red Cross. Each coach has a strong work ethic and extensive background in working with children.

Let's Talk About Safety

At Orlando Metro Gymnastics we strive to teach your children gymnastics in a fun and safe environment. We talk with our students daily about staying safe. Listed below are some things we want the children to think about. Three to four times during the year we set aside a few minutes to remind them of the safety rules. Some of the rules include

• **Proper Attire**

- Dressing appropriate for class is an important safety rule. Leotard for girls, gym shorts/t-shirt for boys.

• **Before Class**

1. Talk to your child at home about staying in line, not talking in class and listening carefully to the instructor.
2. Arrive for class 5-10 minutes early, dressed appropriately, relax and get ready to join class.

3. Only children enrolled in class may enter the gym.
4. All parents are required to stay in the observation area.
5. Parents please take your child to the bathroom before class. Also tell your child to make sure they tell their teacher if they need to go to the bathroom.
6. Parents should accompany their child to the bathroom

• **During Class**

1. Students may not enter the gym or be on the equipment without a coach.
2. Absolutely no horseplay or running around the equipment.
3. Only one student on the equipment at a time.

4. Students must be cautious before walking across the gym. Help us to train your child to look both ways before crossing the gym.
5. If your child is having a difficult time as a result of something that is going on in his or her life, let the teacher know, as it sometimes affects a child's behavior in class.

Special Equipment Precautions

• **Bars**

No hanging on the supports
Swing in the middle of the rails. Never touch or spin the locks or cables. Remember, you won't fall unless you let go.

• **Beam**

If you feel like you are falling, jump off
Bend knees on landing
Tell the instructor if you are afraid of high beam

• **Trampoline**

Know how to mount and dismount
Never step on or near the springs
Only one person on the trampoline at a time.

Always jump and stay in the middle

Learn how to "Kill The Bounce"

• **Pit**

Don't go in without a teacher
Don't stay in the pit...get out right away
Don't touch the sides of the pit
keep hands away. Use ropes to exit the pit.

Don't jump in head first

• **Tumble Track**

Don't follow too close to the student ahead of you
Tumble down the middle of the Tumble Track

Never go on without a teacher present

• **Climbing Wall**

Stay close to the wall
Fee the rock before letting go of the other one

Never jump off the wall—

Always climb down

Never climb unless safety mats are under you

Never climb without a teacher

Let's Talk About...

Mom & Me and Dad & Me Classes

This class was developed for ages walking through 2 years old. All ages benefit from this class, the only difference between their ages will be how much assistance the child will need. The benefits are:

- **SOCIAL INTERACTION WITH A TEACHER AND PEERS**
- **LISTENING SKILLS**
- **LEARNING TO TAKE TURNS**
- **PHYSICAL ACTIVITY, ACTIVE BODY, ACTIVE MIND**
- **EYE-HAND COORDINATION**
- **BALANCE**
- **JUMPING**
- **LARGE AND SMALL MUSCLE GROUP COORDINATION. CHILDREN AT THIS AGE LEARN BEST BY REPETITION.**
- **EQUIPMENT IS FOR THE CHILD ONLY.**
- **PARENTS ARE NOT ALLOWED ON THE EQUIPMENT.**
- **PARENTS ARE IN CLASS TO ASSIST THEIR CHILD WITH THE SKILLS THEY ARE LEARNING AND TO HELP THEIR CHILD STAY ON TASK. ALWAYS BE THERE FOR YOUR CHILD EVEN IF THEY CAN DO IT BY THEMSELVES. CHILDREN GET DISTRACTED, LOSE CONCENTRATION AND CAN LET GO OF EQUIPMENT.**

WHAT TO EXPECT

- **Please stay with the coach at all times and be there for your child at all times.**
- **Please be carefully in the gym, watch your step, be cautious of all the different levels and textures**
- **Your child might be overwhelmed at first, let them know they are safe and they will follow your lead.**
- **The warm-up is the hardest part of class, encourage them to participate. If they become restless and unable to sit just walk them around the area and stay with the class.**



NEW...Sports Conditioning Class

Starts September 22nd

Class Meets Tuesday & Thursday 4:30—6:00

Program is an 8 week course for girls and boys

Age Divisions 5—7 years and 8 & Up

Program Includes: physical testing and results testing, conditioning, flexibility, core strength, speed, agility, coordination, eye/hand coordination and injury prevention for basketball, baseball, soccer, track, golf, swimming, diving, football, and volleyball.



GET THE COMPETITIVE EDGE

See The Results At Completion Of The Course

Course Fee—\$140.00

Registration Fee of \$10.00 Required For

Non-Registered Students



Orlando Metro Student Illness Policies & Procedures

What can you do to help protect yourself from illness?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough into your elbow.
- Wash your hands often with soap and water for 20 seconds (sing the Happy Birthday song twice). Set a good example by always washing your hands. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way. Use disinfectants on frequently touched surfaces. Germs can also be spread when a person touches an infected surface and then touches their own eyes, mouth or nose.
- Stay home when you are sick. If your child has a temperature of 100 degrees or higher please do not bring them to class. Also if your child has a runny nose please do not bring them to class. This will only spread the germs to other students.
- Teach your child the proper use of hand sanitizer. Gels, rubs and hand wipes work well, as long as they contain at least 60% of alcohol. Dispose of hand wipes properly. Always read and follow label instructions when using hand sanitizer.
- Get a seasonal flu shot. Regular seasonal flu vaccine should be available in September, and although it will not protect against the H1N1 Swine flu, it will help minimize the chance that your child, classmates, school faculty and staff may take the flu home to their families.

Orlando Metro Gymnastics cleans and disinfects our facilities on a regular basis. It is our goal to keep our facilities as germ free as possible. You can help by always disposing of paper in the waste basket and help to keep our facility as clean as possible by disposing of all garbage in the trash cans. Our after school room/party room is sanitized twice during the day. We also periodically sanitize the bathrooms during the day to help cut down on the spread of germs.