



Frequently Asked Questions – About Classes

What should I expect?

Severna Park Gymnastics is committed to providing a safe, fun, learning environment for kids of all ages and abilities. Each of our classes follows a lesson plan that is designed to be age appropriate and skill based. Lesson plans each have a theme and special skills of focus, where the teacher will be introducing new skills, at each event. The lesson plan changes every 2 weeks. All of our lesson plans are designed so that teachers can easily adapt to each child's needs within a each class. This allows teachers to meet students at their current level and help them gain knowledge and skill to progress at their own unique pace.

What to wear?

Suggested Attire:

Gymnastics Classes: Leotard, fitted t-shirts or tank tops, gym shorts or leggings.

Dance Classes: Leotard (of any color), footless tights (of any color), All dancers must have tap and ballet shoes. Hair pulled back.

Gym Ninjas: Shorts and the Gym Ninjas T-shirt of the appropriate color

Prohibited Attire:

NO: snaps, zippers, oversized clothing, Mid-drift showing outfits, shoes, socks or jewelry. Long hair **MUST** be tied back.

Can I Watch My Child During Class?

Yes! At our Arnold location, we have 4 tvs in our lobby that have a video feed directly from our gym so you can see all aspects of what your child is doing in class. At SPCC, our parents are allowed to view from either the side of the gym floor. It is very important that parents who are viewing from the side of the gym floor do not coach or speak to their child while class is in session.

Can I drop-off my child, and pick them up after class?

Yes, but please be sure to come into the lobby at either location, as we do not allow the child to leave without an adult with them. Also, please confirm that the phone number we have on file is the one that you can be contacted at during that time.



What are your Make-Up Policies?

If you miss a class, you can make it up by calling ahead to see if there is room in one of our other classes for your child. You can also make up a class by attending one of our open gyms.

What happens if there is bad weather?

We do NOT follow AACPS closings. For the most up-to-date weather announcements, follow our Facebook page, or check our web site. We send out emails and update our answering machine with messages if we will be closed because of weather.

Can my other non-enrolled children play while they wait for class to be over?

At our Arnold location, we have a small play-area in the lobby with toys that your children are welcome to play in. For safety reasons, we cannot allow anyone in any of the gymnastics areas unless they are with a class. At our SPCC location, we do not have a play area, however, we do have a lobby outside of our gym area that children could bring toys or coloring books for entertainment.

What if my child needs to leave class early or I need to tell them something?

Let the person at the front desk know, and they will bring your child out into the lobby. Please do not go into the gym or talk to them from the sideline.

Are You Closed for Any Holidays?

Yes. We are closed for the following holidays:

Memorial Day, Independence Day, Labor Day, Halloween evening, Thanksgiving Break (Thursday, Friday and Saturday), a holiday break during Dec/Jan (Christmas Eve to Jan 2), and Easter Break (Friday, Saturday).