



Gym Orientation

BEFORE YOU ATTEND CLASS:

- Attend in person Orientation on Thursday Nights at 5:30 with Coach Corey. It is not required, but strongly recommended.
- Take a Free Trial Class, but please schedule it, by calling/texting 916-759-1468 or emailing freeflowacademy@gmail.com
- When you come to class, wear comfortable work out attire, and low soled exercise shoes. We also sell Feiyue shoes at the gym.

General Gym/Open Gym Rules - For Members and Drop in's

- * Classes have first priority over equipment**
- * No jumping/flipping off anything above your head height**
- * Do not attempt movements that you have not learned in class or have been taught by an instructor**
- * There is no Open Gym 4:30-5:30pm weekdays**

- 1) Be respectful and mindful of others. If someone is using equipment, please make adequate space for that person if you plan on using the equipment as well. You should all be able to train, and flow through your environment with harmony NOT chaos and danger.
- 2) If someone is using a mat, or piece of equipment and you are in need of it, respectfully ask if you can use the equipment when they are finished.
- 3) Ask questions, and direct your training. Communicate with Free Flow Trainers and tell them what you hope to achieve. It is part of your responsibility to set goals for yourself and to achieve them.
- 4) Rudeness and negative behavior is not a “vibe” we want at Free Flow. Listening to coaches is imperative to your safety, and to the safety of others. Red Cards are issued to people who break the gym rules, and if you receive 3 red cards, we will suspend membership for (no refunds) depending on the severity of the offense. We reserve the right to refuse service.
- 5) Do not pester or bother people who are taking classes. A good rule of thumb is to not talk to anyone who is taking a class.
- 6) No playing tag during open gym. Tag can be played if an instructor is leading the game, and is using it as a warm up for class.
- 7) Always listen to your trainer, never be reckless. Our gym is not a padded room – therefore you must calculate risk at all times. This is one of the most important skills you will learn at Free Flow Academy.
- 8) Always schedule your classes. Do not just randomly drop in to a class for a makeup, or if you are on the unlimited, you need to schedule your regular classes. This is for your own safety, as

class ratios need to be kept at a certain standard, and we need to make sure we have adequate space.

9) No shoes on the martial arts mat.

10) Clean up after yourself. Do not leave crumbs, food, and drinks out. If your food is left out, it will be tossed.

11) Do not leave your stuff around the gym. Store it in a locker. If you leave your socks or shoes around, we will put it in the lost and found, or throw them away.

12) When using equipment (such as weapons, medicine balls, jump ropes, ect.) put them back! Also PLEASE treat the equipment with respect and use it for what it is intended for. Everyone uses the equipment, so if you damage equipment, you ruin things for everyone else.

13) No playing with balls (kicking balls, throwing them, etc...) the only balls allowed in the gym are for work out use.

14) Weights are to be used during classes. You must be 18 or older to use weights during open gym.

15) Weapons are for class use only. If you are enrolled in a martial arts class, you may use the weapons during open gym, if your instructor is present, and you have sought and received permission from your instructor.

16) Sparring during open gym is only allowed if you are enrolled in a martial arts class. You must be 18 or over to Spar during open gym, unless you are on Fight Team, or if your teacher is present.

17) No use of Aerial Silks/Arts equipment is permitted unless you are enrolled in an Aerial Arts class.

18) If you are using any Aerial equipment or rope climbing, you must have a mat underneath you if you intend on climbing higher than your head height.

Foam Pit Rules:

- 1) If you are 8 years and old and under you must be accompanied by a supervising adult.
- 2) No head first diving
- 3) No belly flopping
- 4) No pencil diving
- 5) No loitering in the foam pit
- 6) Take turns trying tricks into the foam pit
- 7) No pushing or shoving people into the foam pit

The Free Flow Commitment:

Respect Yourself

Respect Others

Respect your Environment

All Rules will fall under one of those three commitments