

# Adult Fun & Fitness

## FIRST TIME HERE?

Welcome to Adult Fun & Fitness Drop-In. Here is some helpful and important information to keep in mind while participating in Adult Fun & Fitness Drop-In at Terrace Peaks Gymnastics Club.

<b>AGES</b>	18 years old and up
<b>DAYS</b>	Monday
<b>TIMES</b>	7:30pm - 9:00pm
<b>COST</b>	\$12.00 per participant per Drop-In Drop-In Punch Cards - \$100.00 for 10 visits

### Policies & Rules:

1. The \$35.00 annual Gymnastics BC insurance must be purchased, and the form filled out and signed on the **first visit**. The drop-in fee will be waived on the first visit of the season.
2. The drop-in fees are non-refundable.
3. All participants are required to participate in the warm-up.
4. Adult Fun & Fitness operates on a first come, first-served basis with a maximum capacity of 15 participants per drop-in.
5. For safety, please follow all posted [Gym Rules](#), including bare feet in the gym and have respect for all equipment & people in the gym.
6. Bullying and inappropriate behaviour will not be tolerated and may result in removal from drop-in. Terrace Peaks adheres to the following No Bullying policy:
  - i) Verbal warning
  - ii) Asked to leave
  - iii) Meeting with Gym Manager and possibility of suspension from drop-in
  - iv) Termination of gymnastics membership

## HAVE A FUN & SAFE TIME IN THE GYM!