



Summer Gymnastics 2025 Parent Guide:

Where: Burlington High School (rubber) Gymnasium

Program Start Time: 8:30 am

Snack Time: 10:20-10:35 am Snack **must be nut FREE!** :)

Lunch Time: 11:35-11:55 am. Lunch **must be nut FREE!** :) Please send them with water as well.

Ice cream truck: 11:55am-12:20pm. Purchasing an ice cream from the ice cream truck is *optional*.

Pizza day: Thursday at normal lunch time

Water day: every Thursday, weather permitting.

Program End Time: 1:30 pm

Contact info: Directors Caroline and Sarah have set up a Google Voice number if you have any reason at all to contact them (your child forgot their water bottle, there is a change in pick up, picking up early, and emergency, etc!). Please feel free to use this number at any time!

Google Voice number: (617) 564-1588

Pick up/Drop off: Upon arriving at the gym, there will be staff members waiting outside to guide your child(ren) into the program! Please remain in your vehicles as the parking lot gets very busy. With that said, also please remain in the line of cars and do not go around as it is a safety precaution if cars are going around one another when kids are exiting the vehicle and making their way into the building! Pick up will function the same as drop off where you will remain in your vehicles, lined up outside the gym, as the staff and their groups will make their way outside to you! If you have any questions about this procedure please do not hesitate to call us!

Clothing: Children should come in leotards or gym shorts and a shirt. If possible, avoid any loose fitting clothing.

Water Day: Every Thursday we aim for a water activity day, depending on the weather. We have shorter rotations during the day in order to incorporate outside fun. Children should come with a bathing suit, towel and sunscreen in addition to their gym clothes. **We will be using a small amount of Dawn Dish soap on the water slide unless a child is sensitive or has an allergy to any ingredients in the "Refreshing Rain scent" Dawn Dish soap. Please reach out if you believe your child has a sensitivity or allergy to this specific Dawn soap.**

Pizza Day: Every Thursday is also pizza day. Children have the option of bringing in **\$4** and having pizza for lunch. This is optional for children. The pizza is ordered from Pizza Works Pizza in Burlington.

Ice Cream Man: In the past, Burlington's ice cream man has made a special stop during lunch times. If your child(ren) wish to buy ice cream, please send them with a few dollars so they can do so. This is also optional and not always guaranteed.

Conclusion on what to pack: Again, please make sure your child is wearing appropriate gym clothes such as leotards or a shirt and shorts that are not loose-fitting. Please remember to send your child with water, a snack, and a nut free lunch. Ice cream is optional, but please send your child with a few dollars if they do want it! If your child wishes to have pizza on Thursday, we collect 4\$ from each child throughout the week so feel free to send them with the \$4 at any time! :)

***Please be on time when dropping off and picking up your children! We look forward to a great summer! :)