

# Open Work Out

At GKWG

**What:** OPEN WORK OUT is an unstructured practice session to work on your favorite event or strengthen skills needed for any sport. Coaches are available to assist, while rotating and supervising all participants.

**Who:** All Recreational Students, Team Gymnasts, Dancers, their friends, parents or other adults. Skateboarders, snowboarders, cheerleaders, skiers, and Xtreme martial artists often use our trampolines and pits for mastering new skills.

**Age:** Minimum age is 6 years to participate without a parent.

**Cost:** \$8 cash each and a completely filled out and signed Registration form.  
**Registration forms must be complete and signed by a parent if participant is under 18.**

**When:** From 6:00-8:00 pm on Fridays Sept - May  
and on Wednesdays June - August.

**Exceptions:** September 3, November 26,  
December 24 & 31, 2010.

Cancellations are occasionally necessary during home meets and will be posted when necessary.