

Here are some helpful things to know for your lesson:

**Location:**

* Our classes are in Grand Rapids Gymnastics.
The gym address is: 1601 Galbraith Ave. Suite 301, Grand Rapids, MI 49546
* IMPORTANT - most guests get lost following their GPS maps, some GPS will take you to the back of the building or the parking lot behind our building. Follow signs to the Watermark Country Club (google it works too) and you will find us more easily. Look for GRG signs!

**What to bring:**

* Bring a WATER bottle, we have drinking fountains.
* Wear comfortable stretchy clothing that covers the back of your knees, armpits, and waist when arms are extended above the head. Feet exposed, we work barefoot. Layers are recommended to adjust with temperature and some movement can cause abrasions. An extra layer, like a zip up hoodie or an extra-long sleeve shirt, can help.
* Your signed waiver, which you can download from our site ([aerial4me.com](http://aerial4me.com/)). If you forget, we have copies. Before you can work on our equipment, we must have a signed waiver from every student. Minors must have the waiver signed by a legal guardian.

**Where to stash your stuff:**

* Please arrive 5-10 minutes early to place your items in the locker room (coats, bags, shoes) or in a cubby in the parent viewing area of the gym.
* If you use a locker bring a lock from home to use.
* Please do not leave anything of value (money, jewelry, electronic devises) unattended!!  I cannot stress this point enough. Leave these items in your car or you can place them in a small basket we have near the aerial equipment for keys and other small items like jewelry and phones.
* Bring your water bottle in.
* Leave your shoes and purses/bags in a cubby. :-)  The gym floor is a no shoes area.

**Other stuff:**

* Please be on time. We do a group warm up at the beginning of class.
* Please be sure to notify your instructor if you have any old injuries or physical concerns.
* You won’t want to eat right before you come. Either eat an hour or longer before class time or keep it to a light snack like yogurt or a piece of fruit. There is nothing quite like being upside-down on a full stomach! But please make sure to have had proper nutrition before your class.