



**PARENT & ME, PRESCHOOL, BEGINNER, GOLD,
INTERMEDIATE, & ADVANCED LEVELS**

**AT THE EL CERRITO COMMUNITY CENTER
7007 MOESER LANE, EL CERRITO, CA**



EL CERRITO RECREATION GYMNASTICS

Location: El Cerrito Community Center, 7007 Moeser Lane

Contact Information: recreation@ci.el-cerrito.ca.us • (510) 559-7000

Head Coaches: Coach Bindy and Coach Ariane

Program Supervisor: Taylor Melton (tmelton@ci.el-cerrito.ca.us)

Classes are offered based on age and skill level. El Cerrito Recreation Gymnastics offers preschool through advanced group training. This program is great for those who want to learn or continue in the sport without competing. Classes provide a non-competitive, fun and nurturing environment to develop progressive skills, flexibility, and overall fitness. There is a place for every in our recreational gymnastics program!

In addition to structured classes, the El Cerrito Recreation Gymnastics also offers to exploratory programs: *Parent & Me Free Gym Play* and *Open Gym*. See page 5 for more information.

REGISTRATION

Registration is required for participation and can be completed online only at www.el-cerrito.org/onlinereg. Classes are typically offered in two-month long sessions, and families are responsible for enrolling in each session they wish to participate in (no registrations will carry from one session to the next). Online registration closes the day before classes begin. Space permitting, late starts may be allowed. To inquire about registering after a session has started, email recreation@ci.el-cerrito.ca.us.

Class sizes are limited. If a class fills up, families may add their child to the waitlist. No fees are charged for waitlist registrations. If space becomes available due to a cancellation or transfer, the Recreation Office will contact the waitlist in order and offer the opportunity to complete the registration and pay the class fee. If you are not contacted, no space has opened up for your waitlist position.

WHAT TO BRING

Please wear athletic clothing that allows for a wide range of movement. Baggy or loose clothing is not recommended. Participants will be barefoot during class. Please also bring at least one full water bottle and a face covering (required at all times).

HEALTH & SAFETY PROCEDURES

FACE COVERINGS: Participants over the age of two are required to wear a face covering at all times, unless taking a water-break. Coaches will also wear face coverings at all times. Participants may utilize the outdoor courtyard if a mask break is needed.

HAND HYGIENE: All beginner to advance students will be provided hand sanitizer at the beginning of each class. Parent & Tot and Preschool participants should wash their hands in the facility restroom upon arrival, and hand sanitizer will also be available.

DISINFECTING: Additional time has been built in between classes so that equipment and surfaces can be disinfected between groups.

HEALTH & SAFETY PROCEDURES (Continued)

LIMITED CLASS SIZES: *Preschool, Beginner, and Open Gym* classes are limited to 15 participants or less. *Gold, Intermediate, and Advanced* classes are limited to 20. Participants must register in advance, and groups will remain the same for approximately two months. Students may only attend the day and time they are enrolled for, and no make-up classes are available.

PARTICIPANTS ONLY IN GYMNASTICS AREA: With the exception of *Parent & Me* and *Preschool* classes, only gymnastics participants will be allowed in the gymnastics area. No spectators at this time. Drop off and pick up will happen at the entrance to the Community Center. Prior to class start time, gymnasts may not enter the facility. They must line-up outside the entrance, and will be let in by the coach at their class start time, once the class before has fully exited.

*Parent & Me/Preschool Class: Only one guardian is allowed inside the facility with the participant.
Masks and distancing are required indoors; please do not move or rearrange any chairs.*

If you do not see your name on the sign-in sheet, please DO NOT write it in. Find a coach or contact the office for assistance. Recreation Staff will write in the name of any late-starts or transfers.

SEPTEMBER 14, 2021 CONTRA COSTA HEALTH ORDER: On 9/14/21, Contra Costa County issued a Health Order requiring participants of certain indoor activities to show proof that they are fully vaccinated or have a negative COVID-19 test result from the past three days. Effective Wednesday, September 22nd, all program participants aged 12 and older are required to show one of the following before being admitted into an indoor El Cerrito Recreation Department facility for any fitness/exercise classes:

1. Vaccination Verification, in the form of:

- CDC vaccination record card
- A picture or a copy of your CDC card
- Documentation from your healthcare provider that you are fully vaccinated
- A personal digital COVID-19 vaccine record. If you were vaccinated in California, you can download your record onto your smartphone by visiting <https://myvaccinerecord.cdph.ca.gov>; *OR*

2. A negative COVID-19 test result received in the past three days

- Results must be dated, and from a nucleic acid (PCR) or antigen test that detects a COVID-19 infection (results from at-home COVID-19 tests are not acceptable documentation and should not be used for this purpose)
- A letter from your healthcare provider stating the result of your COVID-19 test and the date the test was performed can also be used as proof.

In general, program participants age 12+ or accompanying adults must come prepared to show such documentation each time they attend a gymnastics class. The instructor may keep a record of vaccinated participants, allowing you to show vaccination verification at the start of your program session only. Please check with your instructor directly to determine if this is an option for you.