

FAQ's and Helpful Hints!



Please try and arrive on time...we start our classes on time and it is important that your all set to go on time. Be dressed with hair pulled back and ready to go.

If your going to miss a class please let us know as far ahead of time as possible so we can use your class slot for a makeup slot. We do not always have room available for make-ups but we do our best to try!

We almost never close for weather. If we do close we post it on our Facebook page, Twitter and via email.

The schools have to make calls much earlier than we do so please do not assume we are closed if the schools close.

The locker room is not the place to leave anything valuable. Leave your electronic gadgets at home or with your parents.

Ok, it is REALLY important that we have your correct email on file, we can list two if you wish. We try and not print anything so if we can email you its great.

Our office hours. Our office has live humans available Monday – Thursday 4pm-8pm. You can always email us with questions or leave a message in the office. Yes, our office staff does not work many hours...but if you email us we will get back to you ASAP.

Concussions!! When you start at the gym we give you a form to read. PLEASE READ IT! This is an area that we are VERY concerned with so if we have any doubts we error on the side of caution. Again PLEASE read this material.

We assume you are going to attend all the months in a session. If you wish to drop you MUST talk to the office. Don't tell the teacher: tell the office. If you wish to enroll back into a class it is based strictly on space available.

We will NOT give info out about other students in your class. We want you to make as many friends as you can here at Champion but we take children's privacy very seriously.

Lobby Wi-Fi is for your use but please do not download movies or War and Peace on Ibooks... Share the bandwidth please!

Any other questions please ask!!