

## The Palaestra PLAYGROUP IS BACK

Fridays from 9:30-11:00 am

Limited availability: 10 participants

Compliance with the following requirements must be met! #COVIDSAFE

All people in the gymnastics area will need to reserve a spot (including parents who will be with their children)

Pre-registration **required** - call to **reserve and pay** for your spot.

Price: \$15/participant

How to reserve your Playgroup Spot:

1. Call the office at (972) 620-9922.
2. Tell the office staff you would like to sign up for Playgroup.
3. Schedule a specific date (your desired date may not be available if all spots are already full).
4. Finalize reservation by paying via CC over the phone.

Requirements to attend Playgroup:

All participants must have a new waiver signed before Playgroup (waiver attached). This waiver can be signed and emailed back brought to your designated Playgroup time.

Dress Code:

- Athletic attire (no buttons or zippers)
- Shoes that are easy to slip on and off
- One pair of clean socks for each person (must be worn while in the facility)
- Long hair and bangs are to be secured tightly to the head
- Face covering/mask (must be worn while entering, exiting and non-exercise activities) ages 2 and up

Items allowed inside the facility:

- Phone
- Wallet
- Keys
- Water bottle
- Diaper bag

**\*NOT ALLOWED: stroller, car seats, food\***

Arrival:

- Arrive 10 minutes prior to your designated Playgroup time.
- Park on the east side of the building near the check-in tent
- Assessment will be completed at individual cars
- After the assessment, a staff member will ask you to enter through the east side door and place shoes in a secure bag to be picked up after Playgroup.

Assessment:

- In accordance with the State of Texas COVID-19 Guidelines for Gyms and Exercise Facilities Health Protocols
- A staff member will check participants temperature (if over 99.5°F he/she will be unable to attend)
- Sanitize hands before entering with provided hand sanitizer

Playtime Rules:

- All participants must remain 6' distance from each other at all times

- Mask must be worn properly at all times by those not participating in physical exercise (parent supervision)
- Socks must be worn at all times by both children and those supervising
- The Foam Pit will NOT be utilized at this time
- All Palaestra equipment safety rules apply
  - Orange Cone = No Play/No Go
  - One at a time on the trampolines
  - One way on the tumble track
- Staff will be supervising and reminding participants of the rules

**\*\* Departure before the conclusion of Playgroup: re-entry will not be permitted\*\***

Departure:

- At the end of your designated Playgroup time, staff will ask you to retrieve your personal belongings from the secure bag
- Exit out the front door

**\*\*\*Please understand that you will not be able to attend Playgroup should you be late and/or unable to follow the procedures outlined above (no refunds times will be offered).\*\*\***

PRACTICE LOVE, KINDNESS AND COURAGE AS WE GO FORWARD  
THE PALAESTRA Ms. Becki – PALAESTRA STRONG