

Important Update



All Phases

Until Further Notice:

If you are Sick, Stay Home!

Masks are Required for everyone in the gym

We have installed Hand Sanitizer Stations throughout the gym and will encourage frequent use throughout classes and practices

Staff and Athletes are Required to Wash their Hands Before and After each Class or Practice

Shoes you wear in the gym are only to be worn in the gym.

Put your Name on your water!
No Sharing Allowed!

Please Leave any additional belongings (bags, additional shoes, clothes, etc) at home

We are NOT open yet, but we are at the point where we feel that we can start to make a reopening plan that will allow us to get back to action while also keeping safety at the forefront.

Thank you so much for your continued love and support through this crisis! We can't wait to see all of our CGA Families back in the gym!

We will move through the Phases about a Week after any Official Announcement

Phase 1

Very Limited in the Gym Schedule

Only 1 Practice or Class at a time, with 20 minutes between and limited attendance

Maintaining Distance

No Spotting

No Stunting

Continue to Offer Zoom Classes

Phase 2

Relatively Light in the Gym Schedule

Resume Stunting (Sanitizing Before and after the Stunt portion of practice)

Minimal Spotting

Continue to Offer some Zoom Classes

Phase 3

Relatively Normal In the Gym Schedule

Potential Continuation of a Few Zoom Classes

Please Help us in Maintaining these Guidelines!

Subject to Change as Necessary!