



1565 Lauzon Rd. Unit #2, Windsor, ON, N8S3N4 | 519-987-3482 | centralmma.com

IMPORTANT INFORMATION FOR PARENTS

- Spectators are not permitted at this time. We do not have the space available to accommodate spectators, and we must enforce this rule for everyone.
- The door opens 15 mins before class. Please do not drop your child off before that time. Children will be dismissed 5 minutes to the hour for pickup.
- Please ensure that your child is dressed appropriately for martial arts training. No jeans, hats, dresses, tank tops, earrings or jewelry. Jogging pants, athletic pants or full-length shorts and a t-shirt are ideal. Please ensure that your child's fingernails and toenails are cut short, and that your child and their clothes are clean and free from unpleasant odours.
- Please ensure that your child does not have any cold or flu symptoms, shows no signs of head lice, and does not have any form of communicable skin infection.
- A drinking fountain is available. If necessary, please have your child bring a reusable drinking container, and not a single use plastic water bottle.
- Your child should always refer to the instructors as "Coach" while they are in the gym, and behave respectfully. Children that misbehave will be given a temporary timeout from class activities. Children that lack the required level of maturity for martial arts training will be suspended from attending classes.
- Any personal items that are left in the gym will be placed in the Lost & Found in the locker area. Please retrieve any lost or forgotten items as soon as possible. All unclaimed items will be recycled or donated after 2 weeks.
- Please read the confirmation email that was sent to you when you registered your child's membership. It contains a copy of your membership agreement, and all the information you need to know.
- For any other information, please visit the Frequently Asked Questions section on our website at centralmma.com/faq.