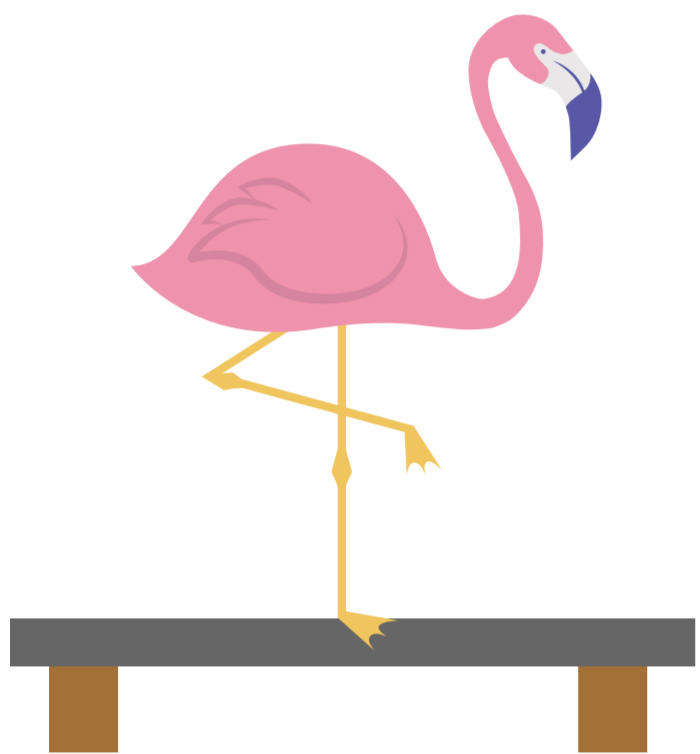


A QUICK GUIDE TO PARENT & TOT

Welcome! We are so glad that you have chosen our Parent & Tot program for your little one -- and that we have the opportunity to introduce your child to the sport of gymnastics!



WHY GYMNASTICS?

Gymnastics is considered to be a **foundational sport**, which means that movement & motor skills we try and practice each week in class are designed to help your child develop physical literacy to be more successful in whatever sport or activity to choose to do in the future. We like to say that with gymnastics, you can **"START HERE, GO ANYWHERE"**.

WHAT DOES A P&T CLASS DO?

All of our Parent & Tot classes follow the same general format:

- 1) A coach will call your class in from the Gym 2 lobby
- 2) Attendance and introduction of the "Skill of the Day"
- 3) Warm up activity/song
- 4) Circuits on apparatus (vault, bars, beam, floor &/or tumble track)
- 5) Play in the Foam Pit (if available)
- 6) Closing activity and stamps/stickers for a job well done!

WHAT IS MY ROLE AS A PARENT?

The primary role of the adult is to help **ensure your child's safety**. See **safety guidelines on page 2**.

Of course the best part of the adult's role is to encourage and bond with your child through play and participation! Have fun with your child, shower them with love and praise them for good work!



SAFETY GUIDELINES FOR PARENT & TOT



**IN ORDER TO MAXIMIZE SAFETY, LEARNING AND FUN,
WE ASK THAT...**

There is only one parent per child in the gym.

You are welcome to swap out with another adult who is familiar with the safety guidelines. For safety & insurance reasons, siblings are not allowed in the gym.

Adults keep children within arm's reach.

One of the best lessons gymnastics teaches is getting back up after we fall down (on soft mats!) but having adults close by prevents any serious spills.

Stay with your group.

Especially on weekends, the gym can be very busy. Please listen to your coaches who will ensure you are not lead through a group of kicking cartwheelers.

If you child wanders away from a station or activity...

Please don't be upset with them - we know about toddler attention spans! Instead, please encourage them to return to the activity or to another station put out by the coach. If they wander away into another group or unsafe area, please bring them back to the group.

Be mindful of other groups in the gym.

Out of respect for other groups in the gym, please try to give them space and ensure that when walking to the next station we don't cut through another group's activities.

Ensure you and your child are dressed appropriately.

Kids can wear comfy "exercise" clothes -- no jeans, buckles or buttons, and they must go barefoot in the gym. Long hair must be pulled back and no jewellery (stud earring are okay). We recommend parents wear comfy clothes too since you'll be active too. No shoes.

Inform the coach if you need to leave.

If you need to leave early or step out for a moment to use the washrooms or get a drink, that is totally fine - just let us know so we don't come looking for you!

Support the coach in teaching the routine & structure of the class.

This class is designed to have instruction & direction to we can facilitate safety, learning and fun. It also mirrors the 3 year old class so your child will be ready for parent-free gymnastics when it is time for them to move on up!

Take time to enjoy & play with your child!

Not every sport lets you out on the field like Parent & Tot gymnastics! Have fun!

If you have questions or feedback, please ask your coach!

Our staff is happy to help and share what we know, so ask away!