

MILTON SPRINGERS PARENT AND TOT CLASS GUIDE

WHY GYMNASTICS?

Gymnastics is considered to be a foundational sport, which means that movement and 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 they choose to do in the future. We like to say with gymnastics, you can "START HERE, GO ANYWHERE."

WHAT DOES A PARENT AND TOT CLASS DO?

All our Parent and Tot classes follow the same general format:

- 1) The coach will call in your class from the Gym 2 lobby
- 2) Attendance and Introduction to the "Skill of the day"
- 3) Warm up activity and song
- 4) Circuits on apparatuses (Floor, Beam, Tumble Track and elements of Bars)
- 5) Closing Activity/Song and stamps or stickers for a job well done!

WHAT IS MY ROLE AS AN ATTENDING ADULT?

The primary role of the adult is to help ensure the child's safety (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 the child, shower them with love and praise for good work.

MILTON SPRINGERS PARENT AND TOT CLASS SAFETY

THERE IS ONLY ONE ADULT PER CHILD IN THE GYM

You are welcome to "swap out" with another adult who is familiar with the safety guidelines. For safety and insurance reasons, siblings are also not permitted in the gym during a parent and tot class.

ADULTS KEEP CHILDREN WITHIN ARMS REACH

One of the best lessons gymnastics teaches is: Getting back up after we fall down (on soft mats of course!) But, having adults close by prevents any serious falls, and from running away from the group.

STAY WITH THE GROUP AND COACH

Especially on weekends, the gym is VERY busy. Please listen to your coaches who will ensure you do not get led through another group of kicking cartwheelers.

IF YOUR CHILD WANDERS AWAY FROM A STATION/ACTIVITY....

We know all about toddler attention spans, so no need to be upset at them! Instead, please return them to the activity or another station put out by the coach. If they wander into another group/area, please bring them back to the group safely.

BE MINDFUL OF OTHER GROUPS

Out of respect for other groups in the gym, please try to give them space and ensure when walking between activities that we don't cut through other groups. Milton Springers also has a NO photography/videography policy for the privacy of other athletes and coaches.

ENSURE YOU AND THE CHILD ARE DRESSED APPROPRIATELY

Children can wear comfortable "exercise clothes," but no jeans, buckles or buttons please! All athletes must be barefoot in the gym to prevent slipping. Long hair must be tied back. We recommend parents dress comfortably as well since these classes are active. No shoes please.

SUPPORT THE COACHES IN TEACHING ROUTINE AND STRUCTURE

This class is designed to have instruction and direction in a way that we facilitate safety, learning and fun! It also mirrors the 3 year old class, so your child will be ready for future classes without a parent.