



## Parent & Tot Program Information

Welcome to U.S. Gold Gymnastics! Listed below are a few policies that must be followed to ensure the safety of your child and to provide a good teaching environment. The safety of you and your child are our top priorities. Amidst all of the fun and laughter during class, we need to be mindful of a few rules. If you have any questions, ask us!

**What can I expect?** As you know, the attention span of a 2-year-old can be less than a second or as much as 15-30 minutes, depending upon what interests them. Be sure to talk with your child's coach if you missed how to teach certain skills on a particular event. The coaches are here to help you learn how to work with and teach your children gross motor skills and gymnastics skills that will benefit them now and in the future.

**How we handle wandering!** Do not be surprised if your child doesn't want to stay with the class all the time. They are curious and there is a lot to see. When your child leaves the group, please stay with your child and safely guide them back to the group, for their safety and the safety of other students. Together, we will work on this so it happens less and less. It's very important to keep them where their class is, as the gym in other areas may not be set up for their age. Achieving skills is nearly impossible if a student isn't practicing.

**How we dress for success!** Parents will be most comfortable in exercise clothing. A leotard is recommended for all girls. Hair must be pulled away from their faces, even short hair styles. No jewelry is to be worn. Boys should wear a T-shirt and shorts with no buttons or zippers. Parents and children will be barefoot on the gym floor.

**What do we do?** Please try to arrive 5 minutes early so your child has time to adjust to the environment and properly prepare for class. Rushing in on time or late causes extra chaos and confusion and affects the class. When you get here, proceed to the waiting area. Take shoes and socks off and put them in a cubby. Please take your child to the bathroom so they don't need to leave class to go. When class is ready to start, the teachers will motion or call for the class to come downstairs, and the teachers will tell you where to go. Please stay with the teachers. Do not play on the equipment before or after class. When class is over, please return to the parent viewing area to gather your belongings. Please don't let your child play on equipment or trampolines after class. A teacher must always be present and engaged for equipment use.

**What do I do when they cry?** When children are having a difficult time in class (crying, constantly running away, not sitting or cooperating, etc.), it's usually because they want to do something other than the expected activity. The way you handle this is important for a well-run class. If they have a "melt down" and lose it during class, remove them from the gym area and either take them outside or upstairs to the viewing area. This allows the children who are cooperating to have a great class and not be distracted. When your child realizes that they won't get to do anything in the waiting area, they learn quickly. Return to class and have fun! Please do not rush this process. By being consistent with this just a few times, they learn that good behavior has positive rewards.

### Helpful Information about the Parent and Tot Program

You are your child's first teacher! Yes, we are the coaches, but we are mainly facilitators for parent-involved classes. We are here to guide you. Ask us questions if you don't understand something. This is not simply a playgroup! We have specific teaching objectives set for each class. We need you to be our teaching partners. Parents, YOU need to pay attention to the coach as he/she speaks because he/she will give you directions directly and then you direct your child. We will teach you how to spot your child. Please don't rush in too quickly to aid your child, but keep safety foremost in all situations. You are helping to prepare them for the Preschool class. Consistency is important. Make the most of this quality time with your child. Lots of hugs and positive reinforcement should be the mainstay of your visits here. Our key is to raise their self-esteem.

Our gymnastics class is all about FUN, smiles, and making your child feel good about themselves. Join in with us on the positive influence we expect to have in class. We are full of encouragement and applause for the kids' efforts. We will attempt a variety of activities during class but we do not expect mastery. Please be encouraging towards your child. Praise them for little improvements. Small improvements in our eyes are huge accomplishments for a Tot.

Do not compare your child to others. The rate of successful task achievement is unique to each child. Children pass through age related stages. The stages are guidelines, not a clear-cut time line.