

KIDS GYM

Guidelines



KIDS GYM GUIDELINES

This is a list of guidelines that we feel will be helpful in making your experience at Kids Gym a pleasant and positive one. Please read them over carefully.

We, at Kids Gym, will always try to guide your child with love, kindness, patience and a healthy dose of humor! Our entire staff is genuinely committed to the idea of physical and mental fitness. Our teachers are positive, energetic people who want to do what's best for each child. If you ever have any questions or concerns, please don't hesitate to contact us.

GYM GUIDELINES

1. Please arrive at least 5 minutes before class starts. This gives your child time to use the bathroom and be ready to enter the gym when class begins. Being late is far more difficult on a child than what many parents realize and is disruptive to teachers and other participants in class. Proper stretching that is done at the very beginning of class is extremely important and critical to the safety of gymnasts. **Gymnasts who arrive more than 10 minutes late to class will forfeit their opportunity to participate in class that day or receive a make-up.** Please be on time to pick your child up from class. **You will be assessed a late fee for any pick up that is 10 minutes or more beyond the end of class.** Two teachers are required to stay with any child picked up late. These teachers are both paid for any time past their normal teaching hours.
2. Please do not bring your child to class if he/she is ill.
3. Please make sure your child is dressed appropriately for movement. Loose, comfortable clothing such as shorts, leotards, etc. is preferred and feet should be bare. (No jeans, dresses or two-piece outfits with midriff exposed, please!) Long hair needs to be pulled back with soft fasteners (big bows and clips hurt) and jewelry removed (small studs and medical ID bracelets are OK).
4. Please ask your child if he/she needs to use the restroom before class. Clothing that your child can handle independently is helpful should they need to use the restroom during class.
5. Gum, food and drinks other than water are not permitted in class.
7. Give your child the time and encouragement it takes to become comfortable. This varies from child to child. Your child may not be able to have fun until he/she feels really secure.
8. We have found that they always have a good time once they are here! Be kind, but firm— remind them (and yourself) that gym class is something good and important that we do for our bodies.
9. Kids Gym is not responsible for any lost or stolen items. Encourage your child to leave toys, jewelry and other valuable items, etc. in the car or at home. Check for socks, coats, water bottles, etc. before leaving. It is also a good idea to label coats and other apparel (including water bottles).
10. Our waiting room can become a very busy place, especially in the evening. Please keep these things in mind:
 - supervise all children carefully
 - do not bang on the windows to get your child's attention
 - please refrain from using your cell phone in our waiting area. Please be courteous and take your calls outside.
11. Only enrolled children are allowed in the gym and only during their class or Open Gym time. No siblings, or infants in front/back carriers or strollers are allowed in the gym during class. If you want to take pictures of your child, our viewing area allows you to do that. Ribbon Week, Thrills & Skills and Jingle Bell Fun Meets provide a great opportunity for you to go into the gym and take pictures of your child and their new skills!
12. Do not disturb class. Please let your child's teacher take care of any behavior during class requiring redirection or correction.



Welcome! Kids Gym TumbleKids with Parents!

Welcome to a fun and exciting experience with your young child. This letter is to acquaint you with class procedures and introduce you to some of our goals. Here are some guidelines that will help you get the most out of class!

Health & Safety First: “We ask that every child attending classes is barefoot. This is the safest way to travel around and your child will quickly learn to grip with their toes on certain equipment and “feel” their way around. We keep our space well heated in the winter months, so warmth shouldn’t be an issue.

“You are your child’s primary spotter, so always stay within arm’s reach. This will keep you hopping, and we hope you’re wearing comfortable clothes!

“If your child is sick or acting like they are about to be sick, we ask that you not attend class. We work hard to keep our gym clean and germ free – and we need your help to accomplish this goal. Call the gym prior to the start of your child’s class to let us know your child will be absent and we can help you set up your make-up open gym. Please remember that only 1 make-up can be scheduled per term (where space is available) and that make-up days do not carry over from term-to-term.

The First Weeks of Class:

Toddler classes are very BUSY classes. As soon as you enter the gym your child may want to go, to, go! This is an exciting and stimulating environment. If you and your child are new this season, please realize that the first time or two may seem like the hardest but don’t give up!! It’s OK if your child does not want to participate in the exact way the teacher presents, or if they just want “to do their own thing.” Remember, any attempt at any task is cause for celebration! Also repetition brings success so it is quite alright if they go up and down the slide 30 times! Try not to compare your child with other children in the class. They may have been in the program longer, and they may be older by a whole 6 months! There are many different developmental milestones and stages in this age grouping. By the end of the Term you will be amazed at how many things your child can do and has learned simply from their parallel play.

These classes are set up for some teacher instruction on our gymnastic equipment, some group activities and a LOT of time for you and your child to play, explore and learn together!

WELCOME KIDS GYM RECREATIONAL STUDENTS



Here are some guidelines and suggestions that will help you to get the most out of your gymnastics class. Please read this handout and discuss with your child prior to coming to class too assure they are prepared.

BEFORE CLASS

1. Please walk your child into the building before class and come into the building to pick them up. Please do not allow your child to cross the parking lot alone.
2. Please make sure your child wears shoes in and out of the building. This is especially important during the Summer when children are more prone to be barefoot. Dirty feet track into the lobby and gym carpeting.
3. Please arrive at least 5 minutes before class starts. This gives your child time to use the bathroom and be ready to enter the gym when class begins. Being late is far more difficult on a child than what many parents realize and is disruptive to teachers and other participants in class. Proper stretching that is done at the very beginning of class is extremely important and critical to the safety of gymnasts. **Gymnasts who arrive more than 10 minutes late to class will forfeit their opportunity to participate in class that day or receive a make-up.**
4. Wear loose, comfortable clothing without snaps, buckles or zippers. Leotards are preferred but are not required. Tuck in shirts, please! No two-piece outfits exposing bare midriff, please.
5. Any hair that touches the shoulders or falls in the face **must** be pulled back, completely off the neck with **soft** fasteners. Please make sure you put your child's hair (boys and girls) in a ponytail prior to their class or bring a hair tie with you. We often have a very limited supply.
6. Take off jewelry before coming into the gym. This means bracelets, rings, watches and necklaces and earrings (small studs and medical ID bracelets are OK). We cannot be responsible for jewelry left in the gym.
7. Throw away your gum.

DURING CLASS

8. Listen to your teacher's instructions carefully. Paying attention will help you develop your skills more quickly. If you have a question, ask – that's why we're here!
9. Follow directions, please! Work only on the skills that your teacher has asked you to do. Those skills have been chosen because we know you can do them safely. **Most gymnastics injuries occur when students do not follow directions.**
10. Your brain is the most important part of your body to use when doing gymnastics. Always think before you do anything (a good rule to follow in whatever you do).

11. Be kind and considerate to your classmates. Everyone should be concerned with doing their personal best, so give each other encouragement and support.
12. Always tell a teacher before leaving the gym. Parents, always tell your child's teacher if you're taking your child early. We get really concerned if we can't find them.

AFTER CLASS

13. Please come into the building to pick up your child after class.
14. If you have a problem or concern with anything happening in your class, please tell us.
Parents, if your child comes to you with a problem or concern, come to us or call immediately. Little problems tend to get bigger with time. We want to know about any problems so we can fix them. This helps us to make improvements in our program.
15. Tell the teacher if your ride is late. Wait inside for your ride...be smart and stay safe. A late pick-up fee will be charged to your iClassPro account if a child is picked up more than 10 min late. It is mandatory that 2 teachers wait until a child is picked up and are both paid past their normal class time.
16. You may be a little sore (or even a lot sore) after your first couple of classes. Don't worry...you're fine! You've just used some different muscles. We find that this is especially true with abdominal muscles and arms.

PRACTICING AT HOME

We think practicing at home is great if you are careful. Ask your mom or dad to find a safe place for you to practice and then only do the skills that are appropriate for that place. For example, cartwheels are fine outside on a level, grassy spot but not in a crowded family room. Stretches would be more appropriate there.

**REMEMBER WE ARE HERE TO HELP YOU IMPROVE YOUR SKILLS...
SO DON'T WORRY ABOUT WHAT EVERYONE ELSE IS DOING. WORK
HARD AND TRY YOUR BEST AND YOU'LL BE AMAZED AT WHAT YOU
CAN ACCOMPLISH!**