
PRESCHOOL GYMNASTICS CLASSES

Getting the most out of your class

Stay Close: Our 2-3 and 3-4 year old classes are "Parent and Child" programs where bonding is encouraged! Please keep your child within arm's reach throughout the entire lesson. If you need to step away for any reason, your child should accompany you. Please do not use your mobile phone to make or receive calls whilst participating in class. Remember, your presence and attention makes all the difference to their safety!

Sibling Policy: While brothers and sisters of participants are not permitted in the gym during classes, babies or toddlers who need to be kept close by are welcome! They do need to be strapped to their carer or remain in a pram or bassinet throughout the class. You will need two hands free to help the child that is participating in class. For safety reasons babies / toddlers cannot be placed on the mats during classes.

Support Learning: Our classes are designed to nurture more than just gymnastics skills; they also teach valuable life skills like listening, turn taking, sharing, and teamwork. Encourage your child to follow instructions and join in group activities. If your child wanders away, encourage them to rejoin the group. These skills will set them up for success as they grow!

Dress to Move: Dress your child for gymnastics. No skirts, dresses, jeans or hoodies. For girls, a leotard is ideal, but leggings and bike shorts with a tight-fitting top work too. For boys, comfy gym shorts with a T-shirt are perfect. Just remember, clothing should be stretchy and short enough so we can see those little feet moving! For adults, shoes need to be removed. For the children, shoes AND socks need to come off.

Arrive on Time: Start the fun right on time! Coaches need to see that everyone has participated in warm-up and received instructions. Unfortunately, if you arrive 5 minutes or more late, we cannot admit you to class. Running late? Give us a call to reschedule and avoid any tears at the counter. Remember to allow plenty of time for parking, as during peak times parking can be congested.

Water-only Policy: Please have your child bring a water bottle into the gym for every class (no glass bottles please). Help us keep our gym safe and allergy-free! Please refrain from bringing food into the gym.

**Thank you for being a part of our Preschool Programs.
Your involvement helps us achieve our goals of
teaching gymnastics, making it fun, and keeping the
kids safe in every lesson.**

