

## **VWEG—PRESCHOOL CLASSES**

### What to Expect From Your Parent-and-Tot & Preschool Tumblebear Gymnastics Class

You're about to start a journey with your child that will bring you together to celebrate fitness and gymnastics. The sport of gymnastics is the basis of all other sports and will later help them in sports such as soccer, football, basketball, hockey and volleyball. Our goal is to provide you with an avenue that you can use to become closer to your child.

Your parent-and-tot class here is a unique situation where YOU get 35-minutes of uninterrupted QUALITY time to spend out on the floor with your child. Think about it--you don't get to join them on the soccer field, the basketball court, or in kindergarten--you do at Tumblebear Gym. Make the most of every special moment.

Lots of praise and hugs should be the mainstay here in class.

Our philosophy here at Tumblebear is to teach gymnastics, keep your child safe, have fun, and enhance their self-esteem.

Below are some policies that will help make this experience as comfortable as possible for both you and your child.

1. During the class if your child doesn't cooperate and wanders off to do their own thing, don't be up-set with them. Encourage them to come back to the group. But if they start doing another activity that you know is something they have done in class before, let them do it and help them. This is a child-directed class. Look for a "teachable moment". Once they "do their own thing", they may look over at the group and decide that what they're doing looks like fun, and will hopefully re-join the class.

2. There are many benefits to attending a class like this for both you and your child. This is a place where many friendships are created. We strongly encourage you to talk to other parents before and after class, because it's hard for other parents to hear the instructor if you're talking during class. Ask if they'd like to go out to lunch with you or make a play date with you. Use this unique opportunity to meet new people and create new friendships for you and your child.

## **What to Expect from Your Tumblebear Gymnastics Class**

1. Try not to compare your child to other children in class. All kids learn in different ways and work at different levels even though they may be the same age and in the same class. Our instructors are trained to teach various levels, even in the same class. Remember that some of these students have had previous instruction and may already be comfortable with our facility and the way classes are run. You will probably be surprised at what your child learns from watching other students in the class. If you feel your child needs more help; consider a second class or ask the instructor for pointers on how you can help them to improve their gymnastics skills.
2. Most parents stay and watch the class, but it is not mandatory. If you have to leave, please tell the instructor and/or someone at the customer service desk and leave a cell phone number in case of emergency.
3. Remind your child to listen to their teacher. Sometimes the gym can be very noisy and they will have to pay attention to what is happening in their class. They will be taking turns and learning to work independently at stations. It is important they don't leave the class to go out to the lobby to see their parents. We strive to teach your children gymnastics. Remember this is not open gym time and the students must stay with their class.
4. Try not to "coach" your child from the bleachers. Praise is the best motivator for kids, so that's what we encourage. If there is a discipline problem, since you know your child best, the instructor will ask for your guidance.
5. Remember to bring your child's gymnastic shoes for class every week. Girls should have their hair in a ponytail and pulled off of their face if it is long enough. Leotards for girls and comfortable, stretchy clothes for boys should be worn. The reason for all of these rules is your child's safety.
6. Always feel free to ask your child's instructor any questions you may have about their progress and/or behavior during class. If you are not comfortable speaking to them, you can contact the Preschool Manager, Heather Kaczmarczyk [customerservice@valleywideelite.com](mailto:customerservice@valleywideelite.com).