

Your Enrollment Info for Valley-Wide Elite Gymnastics

Thank you for registering for classes at VWEG!

1. Please arrive 5-10 minutes before your class time, or earlier if you need to purchase apparel.
2. All parents must keep an eye on their children before class begins and on their child's non-participating siblings during and/or between classes. Siblings are not allowed inside the gym or in the dance room during your child's class.
3. All parents must come in with their child on the first day of class in order to be sure we have a signed online policy agreement for your child. There will be a nametag for your child to wear to the first class to be picked up at the front desk.
4. There are cubbies inside the gym for students to put their belongings in (coats/shoes, etc.). Most students usually change into their gymnastic shoes on the carpet at the edge of the spring floor. There they can wait for the class to start or sit with you until the teacher calls out the class.
5. Remind your child to go to the restroom before class starts. If they do have to use the restroom, make sure that they ask the teacher's permission and that they don't just leave the group.
6. Every adult and child who goes onto the floor of the gym must have an updated online policy agreement on file with us. If another adult attends class, other than the one who originally registered the student, they must go to the office to be added to the online policy agreement. If a sibling is brought out on the floor, that child's name must be entered onto your account and online policy agreement as well.
7. Every adult who attends class is required to wear socks and comfortable clothing. There are cubbies INSIDE the gym that each parent can use to store their shoes and belongings. If a parent forgets their socks they will be asked to purchase a pair from our office. No street shoes can be worn in the gymnastics area.

8. 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 might be surprised at what your child learns from watching other students in the class.

9. If you feel your child needs more help, consider a 2nd class, private lesson, or ask the instructor for pointers on how they can improve their dance technique or gymnastics skills. SCHOOL AGE CLASSES What to Expect in Your School Age Gymnastics or Tumbling Class Gymnastics- All Levels Tumbling Benefits from gymnastics are not only flexibility, strength, and coordination but also an increase in listening skills, obedience, self-confidence, and a better self-image.

2. For maximum safety of your child please have them dress properly for class.

a. Girls – Keep their hair tied back from their face and no jewelry.

All girls should have a leotard and gymnastics shoes.

b. Boys- T-shirts tucked into cotton shorts and gymnastics shoes.

3. We have many teachers, and although all of them are trained with the same materials, they have their own teaching style. It's imperative that each child truly understands how to do each skill before they go run and do it. You've heard of the concept of doing the sports movement in your head over and over again until it becomes routine. This is the same thing. They need to do the skill in their head or see the skill performed to understand what they are asking their body to do.

If you sometimes see groups sitting down listening to the teacher, they are working on incorporating all three learning modalities--auditory, visual, and kinesthetic.

Examples of each could be listening to the teacher, watching a demonstration of the skill, and then attempting the skill with a teacher spotting.

4. If you think your child needs more help, consider a second class (there is a 20% discount) or a private lesson. Sometimes just a few minutes of individual

attention will reap much reward and your child might then be eligible for the next level.

5. Most parents stay and watch the class, but it is not mandatory. We like parents to stay, because you are your child's biggest fan and they love to know you care. Children seek and need your approval. After watching class, be sure to compliment them on what you have seen. Do not yell suggestions from the bleacher, but allow us to make corrections as we see necessary. If there is a discipline problem, the teacher may ask your child to sit down for a moment, but this is a last resort.

6. Don't compare your child to others. There may be various levels in each class. Our teachers are used to working that way and will strive to give each child equal attention.

7. 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 class to go out to the lobby to see you.