

Thank you for choosing our parents' tot class at Troy Gym to introduce your young child to the world of physical education.

## **PRESCHOOL**



All Preschool gymnastics classes encourage age-appropriate physical, social, emotional, and intellectual development in gymnastics settings. Classes consist of a structured combination of warm-ups, group activities (bean bags, scarves, hula hoops, parachute, and other helpful learning tools), gymnastics skill circuits, individual events (floor, bars, beams, and vault), music and free play!

Parent Tot Classes are for children age 1-3 years old. A 3-year-old that is not ready to separate from their parent will be allowed to stay in the parent tot class until they are ready to be in an independent class setting. Our goal and structure of class is to help your child transition into a gymnastics class setting and preparing them for a school environment as well.

Parent Tot classes require one parent/adult to be in the gym during the entire duration of class to assist their child. More than one person in the gym can become crowded and overwhelming. We do ask that any additional adult stay in the lobby area. But feel free to swap out during class so you may all enjoy the experience. Due to insurance purposes and safety of those registered in class, we ask that siblings do not participate in class. They may stay in the gym by the warmup area during class time. Provide them with a quiet activity during class, such as reading or coloring so they may stay close. They are not to be past this area please.

**Gym rooms are a technology free environment.** Cell phone use is **not** permitted during the duration of your class. We ask all parents and coaches to keep their cell phones in a designated space outside of the gym where they are not tempted to look at it during the small duration of your class. This time is to be focused on kids' growth and development of physical activity. Please continue with this courtesy and plan accordingly.

We at Troy Gym know these young minds are developing and require special care at times. We ask if your child is hitting another student, continually crying, or running away from the group, to remove them for a moment. Take a break in our lobby areas for a reset and reminder of class expectations. Feel free to return to class with a clear understanding of what is expected. And keep trying. At times, it takes multiple classes to learn the rules and expectations of class.

We have a wonderful makeup policy that you can utilize during these times when children's emotions are unpredictable. Please speak with your coaches or stop by our office with any questions or concerns.

Thank you

Troy Gym Management