

# KIDS GYM

## Guidelines

Revised February 2024

Kids  
Gym  
Inc.



## 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.

**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!



# **DID YOU KNOW?**

**Did you know** that when you sign your child up for a Kids Gym gymnastics class you are giving them a gift that will last a lifetime? Gymnastics education is an important part of teaching fundamental movement and life skills. The following is a peek at what your child will be learning, how they will be learning and why it is so beneficial! ☺

## **We teach for all LEARNING STYLES:**

Gymnastics is all about fun! That's why our gym is such a busy, stimulating place! We realize that our job as teachers is to accommodate and develop the different learning styles within each child. Gymnastics class is the perfect place to incorporate visual, auditory, kinesthetic, linguistic, logical and musical styles of learning. You will notice that we use picture cards, demonstrations, body shaping along with our verbal instructions in class. We are reaching out to all of the learners. We also want to stimulate their imaginations while we teach them physical fitness; so you will see us adding amusing themes and silly games to our gymnastics classes. We want all of the children in our class to thrive and everyone knows that a child having fun while they learn is a child that will retain what they learn.

## **We teach BALANCE:**

Gymnastics is all about balance! Sometimes we teach it in not so obvious ways; like carrying an egg on a spoon. Such games allow your child to SEE balance, FEEL balance and CONTROL balance. While doing this activity your child can appreciate balance while having fun. Exercising these fine motor skills also allows for a smoother transition into gross (large) motor skills. A part of their brain will remember that egg on the spoon when they are moving their bodies across the beam. Exercising hand-eye coordination on a frequent basis helps your child realize that they need to use their eyes in tandem with their other body parts to succeed in gymnastics. You will see a lot of similar, rather silly looking games in our circuits used to accomplish this goal, like: totter board & trying to catch it, rolling a ball to knock over the bowling pins and "fishing" with a little magnet attached to a string on a stick! It's all important!

## **We teach COORDINATION:**

Gymnastics is all about coordination! That's why you will see your child constantly climbing over, crawling under, spinning around and hopping on and off various pieces of equipment and toys. Did you know that they are learning gymnastics while all of that is going on? By asking your child to move various parts in different ways, at different times, we are preparing them for moving their bodies in a sequence of movements to accomplish that vault or a cartwheel someday! Also, a child's brain is stimulated when their body is moving in different directions. Moving the body laterally, then horizontally, then vertically keeps those little synapses snapping! There is also an element of problem solving in these activities including kinesthetic awareness – the ability to know where their body is in relation to space and motion. SO, when your child is crawling through the tunnel...they are building coordination and exercising their brains!

**We teach toward SUCCESS:**

Gymnastics is all about flexibility and finesse, and repetition brings success! That is why you will see your child repeating those forward rolls (for instance) over and over again in class. The more your child repeats a skill the more flexible those particular muscles become. Whether it's doing a roll or hanging from the bar in that same position, your child is building up! And you may not hear it from where you are sitting, but each time your child repeats a skill we are asking just a little bit more from them. We are asking them to point their toes or hold those hands a little more like "pizzas", or tuck that chin in just a little more... in order to challenge them in a way they feel comfortable.

**We teach CONFIDENCE:**

Gymnastics is all about confidence. You may wonder, as the weeks progress, that sometimes we will ask your child to do something that they seem a little bit anxious about. Or, we may not ask your child to do what some of the others are doing in class. We will use our best judgment in a situation to gauge if your child is ready (or not) to do a new or challenging skill. As the weeks progress and we get to know and love your child, we will start asking a little more from them. We teach a proper way to fall (a "safety roll"). We will never force your child to do something that they really don't feel confident enough to do. However, we also try NOT to let your child miss the opportunity to grow and persevere if we feel they are ready... even if they are not so sure!

**So, now you know!**

**Gymnastics is a wonderful opportunity for your child to grow  
both mentally and physically.**

**We thank you for your business and entrusting  
your children with us.**

# WELCOME KIDS GYM GYMNASTICS 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. 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.

14. 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 Studio Director 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.

15. 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!**

## General Information

### Annual Family Registration Fee

The **non-refundable** annual family registration fee must be paid upon initial registration in all classes and Team practices and each twelve months thereafter.

### Registration for Classes

**The Fall Schedule (school year) is available mid-June.** You may begin registering on **Studio Director** as soon as enrollment is open. **You are only allowed to register for one class/term/child.**

During each term, you will receive a reminder after the 5<sup>th</sup> or 6<sup>th</sup> week with instructions to sign up for the next term. **TO AVOID LOSING YOUR SPOT IN A CLASS, PLEASE PAY YOUR TUITION BY THE SPECIFIED DEADLINE.** The Studio Director program will automatically drop students whose tuition is not paid for by the deadline. The last week of each term we open registration to new students.

**The Summer Schedule becomes available in early to mid-March.**

**Registration for both Summer Terms is on a first come, first served basis; you may register your child(ren) for Term 1 and/or Term 2 at any time after enrollment is open.** There is no priority registration for Summer classes or when transitioning from the Summer schedule to the school-year Fall/Winter schedule.

### Studio Director

All registrations are done online. The process is quite simple and doesn't require much of your time.

-Go to our website @ [www.kidsgyminc.com](http://www.kidsgyminc.com).

-Look for the "Register Now/Parent Log-in" that is located on the first page of our website.

-Follow the directions provided by Studio Director. The Studio Director program will help you through the creation of a family profile, adding students, accepting waivers, selecting classes, camps, clinics or auxiliary programs and, finally, adding payment (including membership fee) information and checking out.

-If you already have your profile completed, enter your Email and password.

-Don't forget to "check out" and pay for your class, or camp or enrollment in any of our auxiliary programs will be dropped due to non-payment.

Checks or cash for tuition may be given to office personnel. All returned checks are subject to a **\$35.00 SERVICE FEE.** **Any declined credit card charges are subject to a \$5 fee.**



### **Class Credit**

Should it become impossible for your child to complete a term due to prolonged illness or injury, please notify the office immediately. A credit (based on date of notification) will be applied to your Studio Director account that you can use for any classes, camps or auxiliary programs. We do not offer refunds. Occasional absences such as illness, vacations, bad weather, etc. are non-refundable and non-transferable. The registration fee is also non-refundable.

### **Make-up Policy**

You must notify us **at least 1 hr prior** to the start of class in order to receive a make-up; one make-up per term is allowed in an Open Gym. Days and times for our Open Gyms varies from Fall/Winter and Summer (see below for more information). TumbleKids Open Gym make-ups are 1-2 times/month).\* Pre-registration for an open gym make-up is necessary in order to secure your spot. Please call or stop by the office to do so. Make-ups cannot be transferred from one term to another. No shows for Open Gym make-ups are not eligible for rescheduling.

### **Changing/Dropping Classes**

If you need to make a class change, please call our office. We will do our best to assist you in finding an available space.

### **Closing/Cancellations**

We do not always follow local public schools when it comes to closures. Please use your own judgment when driving from your area. Kids Gym does not close for extreme cold. Should we have to close, **please check our Facebook page for closing information. NOTE: Kids Gym does not offer a make-up for weather-related closings.**

\*TumbleKids make-up (ages 1-5 yr) can also be scheduled in a Tuesday (10:30AM) or Friday (9:30AM) TK Open Play. TK Open play runs from October through April.

## **Some FACTS about Open Gym September – May**

Pre-registration is required for all Open Gyms including make-ups.

The cost for Open Gym is \$13/child for members and \$15/child for non-members.

Waivers are required by our insurance carrier—NO EXCEPTIONS.

Waivers must be read/signed through Studio Director by the child's parent or legal guardian.

### Little Gym Open Gym (1-2 times/month)

For ages 1-3 year w/parent. Little Gym Open Gyms are Saturday (1-2 times/mo) 12:30-1:30.

Children (ages 1-3) must attend Open Gym in the Little Gym and be accompanied by an adult (18 yr or older) or legal guardian.

We also have TK Open Play Tuesday 10:30-11:30 and Friday 9:30-10:30 for ages 1-5 with parent.

Pre-registration is required.

No children younger than one year old are allowed in the Gym under any circumstances. No car seats, no front or back carriers or held in arms. The exception to this is our TK Open Play.

### Big Gym Open Gym

Children aged 4-14 qualify for Open Gym in the Big Gym. All children must be 4-14 years old to qualify for Open Gym in the Big Gym. Open Gyms are every Saturday 12:30-1:30.

Pre-registration is required.

### Cancellations

Kids Gym reserves the right to cancel Open Gym because of conflicts in the Kids Gym schedule. Open Gym cancellations will be posted on our Facebook Page.

\*TumbleKids make-up (ages 1-5 yr) can also be scheduled in a Tuesday (10:30AM) or Friday (9:30AM) TK Open Play. TK Open play run October through April.

## **Some FACTS about Open Gym Summer**

### Big Gym Open Gym

Children aged 4-14 qualify for open gym in the Big Gym.

Tuesday from 12:00 PM to 1:00 PM and Wednesday 5:45-6:45

Pre-registration is required.

The cost for Open Gym is \$13/child for members and \$15/child for non-members.

Waivers are required by our insurance carrier—NO EXCEPTIONS.

Waivers must be read/signed through Studio Director by the child's parent or legal guardian.

### Small Gym Open Gym (1-2 times/month)

For ages 1-3 year w/parent. Little Gym Open Gyms are Tuesday 12:00-1:00 (1-2 times/month).

Students in our TumbleKids classes qualify for Open Gym in our Little Gym. Children (ages 1-3) must attend Open Gym in the Little Gym and be accompanied by an adult (18 yr or older) or legal guardian.

Pre-registration is required.

No children younger than one year old are allowed in the Gym under any circumstances. No car seats, no front or back carriers or held in arms.

### Cancellations

Kids Gym reserves the right to cancel Open Gym because of conflicts in the Kids Gym schedule. Open Gym cancellations will be posted on our Facebook Page.