

# SPECTRUM GYMNASTICS



## WELCOME TO PLAY GYM!



### INTRODUCTION

Play With A Purpose! It is our pleasure to introduce your children to the world of creative movement. Our program is designed to introduce young children to the sport of gymnastics with the assistance of an adult. Through the use of music, games, obstacle courses, trampoline, and many other gross and fine motor skill activities, your child will develop, coordination, muscle control, balance, strength, flexibility and poise. Play Gym provides the opportunity to interact with your child while helping them meet new challenges, learn to share, practice skills, follow directions, and experience success. Parents can enjoy the opportunity of meeting other parents with whom they share common experiences and concerns. Play Gym not only prepares your children for gymnastic success, but also enhances visual, auditory, and motor skills that will be useful in school and numerous sport activities.

### ARRIVAL / DEPARTURE TIME

Please make an effort to arrive as close to the scheduled start time as possible. Children who arrive too early tend to explore equipment and obstacle courses before class begins; becoming bored while the rest of the class is just getting started. Please wait in the mezzanine if you arrive early for class. Stickers / stamps are passed out at the conclusion of class, therefore, please notify the instructor if you need to leave class early.

### YOUR CHILD'S PROGRESS

Each child maps the world differently. Varying rates of progress are no indication of your child's cognitive abilities or physical potential. The time at which each child begins to walk can vary from eight- eighteen months. It follows that children of the same age in Play Gym class will progress at varying rates as well. Therefore, stress should not be placed on the speed which your child masters skills; instead give a lot of praise and rewarding hugs when they try or succeed.

### PARENT PARTICIPATION

In order for Play Gym to be successful, it is essential that parents participate. Please remember that most toddlers have not taken any type of direction from anyone other than their parents. Therefore, we need your help! Parent participation includes listening to the instructor's directions, staying with the planned activities when possible, being encouraging, showing excitement for your child's efforts (clapping, hugs, etc.), balancing interaction with your child and socializing with other parents. For safety sake, please remember to monitor your child's participation at all times. Providing a safe and enjoyable environment for your child to learn in, is our goal. With your cooperation, we believe the benefits from this class are limitless!

## INTERACTION

At first some children may refuse to perform, interact with the instructor, try skills or be part of group activities. This is very common and nothing to be concerned about. Some children take time to trust and allow instructors to work with them. Others may require time to become familiar with the equipment and a new environment. If a situation concerns you, and has lasted a considerable period of time, please speak with the instructors and work together to find a solution. Often times, increased parent participation results in increased child participation and interaction!

## FOOD & DRINK

Often children of this age will become thirsty or need a snack during or after class time. We have no objections to your attending to their needs. However, we do have a few rules to help keep our gym a clean facility. All drinking and eating should be done on the table provided near the locker room. Healthy snacks and drinks please! (Even for those occasional sips or bites!) Please keep all food and drink away from all carpeted areas and gym equipment. This includes parents' morning coffee!

## RESTROOMS

Please use the mezzanine bathroom or boys/girls locker room for your needs. Our Handicap bathroom is designated for staff and our disabled clientele only. Thank you.

## WHAT TO WEAR

We suggest flexible play clothes with socks or sneakers. Please, for our toddlers, no dresses, leotards with skirts, tights or dress shoes. Long hair must be tied back and secured. Adult partners should also wear their "play clothes" and sneakers only. We also suggest you bring extra diapers, disposable bags, and an extra change of clothes for those children being potty-trained. Please make sure that your toddler has a freshly changed diaper prior to class! Oh! Don't forget to bring lots of tissues for those runny noses during the winter months.

## TRAMPOLINE & TRAINING PIT

Trampoline is taught as a group. Children are not allowed on the trampoline without the direct supervision of an instructor. Although the training pit appears to be safe place to play in, it is specifically designed as a training pit for high-level athletes. To avoid any injuries, be aware that entries into the pit must be feet first only. Face, head first, and chest first entries are very dangerous. Therefore, please keep this in mind when playing with your child.

## SIBLINGS

On occasion, if siblings are home from school due to school vacations and you are unable to find a sitter, they are welcome to join the Play Gym Class under the following guidelines:

1. Siblings between the age of 18 months old and five years, registered in a Class at Spectrum, may participate in some of the activities according to the instructors' discretion. However, if it is necessary for you to bring your child's sibling for an extended period of time and your child wishes to participate in this class, then we

must request that you complete a medical card / release of claims form and pay an additional class fee.

2. Siblings not registered at Spectrum may bring materials such as puzzles, coloring materials and small toys or books that they can use at the table provided in the gym during class time. In compliance with our insurance, liability non-registered siblings are not allowed on any equipment.
3. If siblings are under the age of 18 months, you are welcome to bring them provided they are content to remain in a stroller, portable car seat or sit in a safe play area. In this case, we should remind you that this is a parent-participating class and our instructors cannot assume responsibility for the direct supervision of the Play Gym student.

**THANK YOU! WE LOOK FORWARD TO WORKING WITH YOU!**  
**PLAYGYM STAFF 2014-2015**