

Twisters Gymnastics and Trampoline Club

Baby/Parent and Tot/Parent and Toddler Programs and Policies

The purpose of these two programs is to prepare your little one for our Kindergym Program (children 3 – 4 years of age) where your child will do one full hour of gymnastics on his/her own without parental assistance.

The following are guidelines for parents:

1. Please be on time Participating in the warm up is very important for your child's safety
2. One parent or guardian (over the age of 18 years) per child will be allowed onto the floor at a time.
3. Siblings or friends of the gymnast are not permitted on the floor during class time (this includes babies in carriers of any type)
4. Soothers, toys, **cell phones**, food or drinks (including bottles of milk, juice etc.) are not permitted onto the floor
5. Safety is our first and foremost concern. If your child is misbehaving or disrupting the class or other classes sharing the gym, please be considerate and take them off the floor for a quiet time out. Once they have settled, please feel free to bring them back out onto the floor with their class and coach
6. You should help us by ensuring that your child remains on the same piece of equipment as their group and coach. If your child is eager and excited to get onto the equipment and wonders off, please bring them back immediately
7. Try to praise and encourage your child. The coaches are dedicated to promoting good positive self image and fitness in children above and beyond anything

Thank you for your assistance and we hope that both you and your child enjoy the experience at Twisters Gymnastics and Trampoline Club!