

CGAiCAPITAL

GYMNASTICS & ATHLETICS

WELCOME TO PARENT/TOT GYMNASTICS!

Dear Parents,

You are about to participate in a fun bonding activity with your toddler. Our lessons are created to provide developmentally appropriate stations and circuits to keep you and your toddler entertained and active. Here are a few safety reminders for a successful class:

- 1 Parent Per Tot. If you have 2 students in the same class – there will need to be a parent for each child.
- Please stay within arms reach of your child. This is a hands on class!
- Do not use any equipment that has not been instructed by the teacher
- The teacher will explain ways for you to help your child succeed. Please watch the demonstrations
- Dress comfortably and be ready to move around with your child
- Every now and then a toddler will not want to conform to the situation at hand –and that is completely normal! Feel free if there is a 'melt down' to take a step away from the class to recoup!
- We expect that the children will wander at first from the group and activities – this is okay but please immediately go and retrieve them for safety reasons.
- You will see a variance in the ability levels of children in class. Try not to compare your child with another. They may be older, have been in class longer, have an older sibling that they have been watching, or many other reasons.
- Cheer the children on! This is a fun time together for you and your child!
- Please ask if you have any questions.
- ***I understand as an active participant in this class I am here to guide my child and am not permitted to go onto any of the equipment.***

Thank you and have a great class!

Gymnastics Welcome Letter

Lindsay Broomfield

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

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