

Parent-Child Class Guidelines

The purpose of Parent Child class is to enhance your child's development in the following areas:

1. Fundamental movement skills (walk, hop, run, jump, climb, etc...)
2. Social Skills (successful peer interaction)
3. Body Awareness (identifying different parts of body & how they move)
4. Spatial Awareness (awareness of self in reference to surrounding objects)
5. Gymnastics Skills Introduction



Class Participation Rules

1. Parents need to stay focused with their children at all times. (Kids tend to wander, ya know)
2. Only children who are enrolled in class are allowed on the gym floor.
3. Trampoline: Parents may not bounce with children. You can hurt their ankles, knees, back, etc... by an improperly timed bounce. (It's fun, but we have to keep it safe)
4. Because this is a child directed class, students need not participate with the teacher in the class group activity. Nevertheless, the parent must be with the child at all times.



Have Fun & Enjoy Your Children!

