



Twinkle Starz Class Guidelines

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

- Fundamental movement skills (walk, hop, run, jump, climb, etc.)
- Social skills (successful peer interaction, following physical and verbal instructions)
- Body awareness (body part recognition, learning and recognizing how their bodies move)
- Introduction to gymnastics skills

The use of movement has been scientifically proven to aid in mental and physical development in children of all ages – beginning at birth! Our Twinkle Starz classes are designed to stimulate your child's brain as well as their body – feel free to encourage color, shape, number and letter recognition. We also begin promoting conceptual thought and imagination within warm-up, stretching, gymnastics circuits, obstacle courses and games. These young students will begin to recognize the structure and pace of the class. As they develop, they will be prepared to be introduced into our Starz class program.

Class Participation Guidelines

- Parents must remain with their child **at all times**. If the student strays from the directed activity, it is the parent's responsibility to retrieve the child and/or to ensure the child does not interrupt any concurrent classes or workouts.
- Only children who are enrolled in the class are allowed on the gym floor. Siblings must remain supervised in the spectator area unless enrolled in the class.
- Parents **must not** bounce with their child on any of the trampolines. If your child requires assistance on the trampoline, the instructor must do so, or the parent can assist **at a walk**. A bounce of improper timing or magnitude from someone other than the student can do damage to the child's knees, ankles, back, or neck, and may damage their confidence on the apparatus. Parents should not use the trampolines for personal recreational use.
- Due to the age and nature of the class, children need not participate in the directed activity at all times. Parents must still remain with their child at all times, and their activity must not disrupt any concurrent classes or workouts.
- Much of our equipment is designed for smaller humans – we ask parents participating in the class to watch their heads, elbows, knees, and toes, especially in the bar area.
- Above all, have fun!