

# Welcome to Lakeshore Academy Baby Gym Class

In order to provide a safe and fun environment for your child to learn gymnastics, we ask that all Baby Gym classes observe the following rules:

1. Please remain in the lobby until your class starts
2. Please remove shoes before entering gym area
3. Cell phones must remain off during class
4. **Parents must be attentive and remain with their child at all times. Please keep adult socializing to a minimum.**
5. The equipment is designed for younger students
6. Be respectful of subsequent classes
7. When spotting your child, hold them around the waist and make sure they climb down feet first. If you are uncertain how to spot a skill, please ask the instructor.
8. Be enthusiastic and help your child learn to participate with the teacher

Our Baby Gym class is for students ages 6 months to 2.5 years old and is designed to introduce the child to gross-motor skills and body awareness in a gymnastics setting. The gym is set up differently each week to stimulate learning by exploration. However, the class format remains consistent to create a familiar and comfortable atmosphere.

**During each 50 minute class we will cover the following:**

1. General Exploration
2. Group Circle Time and Exercise
3. Gymnastics Skills, taking turns with the teacher
4. Movement with Music
5. Parachute Games

## **Appropriate Clothing:**

= Soft, movable clothing such as shorts and a t-shirt, or a leotard. Leggings or sweat pants are good for cooler weather. Bare feet are recommended.

## **Make-Up Policy:**

2 Make-ups may be scheduled through the front desk during the session. Make-up classes must be completed before the start of the next session.