

# Welcome to Lakeshore Academy Parent and Tot Class

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

1. Please remain in the lobby until your instructor calls you out
2. Food, beverages, and shoes must stay in the lobby
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. Siblings not enrolled in a class must remain in the lobby
6. **All parents and students must stay on the 40x40 floor mat unless accompanied by their teacher. No Tumble Trak or Trampoline without an instructor!**
7. Be respectful of other classes that will be sharing the gym
8. When spotting your child, hold them around the waist and make sure they land on their feet. If you are uncertain how to spot a skill, please ask the instructor.
9. Be enthusiastic and encourage your child to participate with the teacher in all activities. The more attentive you are towards your child, the more focused s/he will become.

Our parent and Tot class is for students ages 2 to 3 ½ years old and is designed to introduce the child to group socialization and exploration 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 Exercise and Stretch
3. Gymnastics Skills, taking turns with the teacher
4. Motor Skills
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.