



Prairie Gymnastics Club

1241 N. Raddant Rd., Batavia, IL 60510
630-406-6803 www.prairiegym.com

Parent & Tot Classes

Welcome to our Parent & Tot program. This class is designed for interaction between parent and child in a playful but structured atmosphere. Our goal is to create a safe, enriching and fun environment where you and your child can spend quality time together.

Your Role

- **Help your child follow group instructions** by repeating the instructions individually and giving help as needed.
- **Keep your child safe** by encouraging him/her to stay in the appropriate area of the gym and participate in the lesson plan.
- **Help your child participate with the group** by positively reinforcing your child's efforts in the lesson activities.
- **Spot** when your child is performing gymnastics skills. The instructor will show you how to spot throughout the class.
- **Focus on your child's positive behavior.** Praise, smile, and cheer on your little gymnast.

Class Structure

Class each week will follow the same basic structure: marching with instruments, two instructional songs, activity of the week, gymnastics skill practice, free time (when announced), clean up time, pit time, hand stamp or sticker.

Parent-Tot Guidelines

1. Your child's safety is of utmost importance
 - Know where your child is at all times
 - Avoid lifting your child by the arms; their joints are not fully formed yet
 - Don't let your child jump off anything above chest height
 - Please do not throw your child onto the resi or into the pit. All pit entries should be an attempt at a feet first entry under their own steam 😊
2. Assist your child up to the equipment by providing a mat, or your knee to step on.
3. If your child is not ready to participate in any particular activity, please encourage him/her to sit and watch. Some tots take longer than others before they are fully ready to participate in all activities. Don't force them into an activity or position; your instructor expects this will happen at times.
4. Siblings are not allowed in class **with the exception of infants in carriers**. If siblings are watching from the balcony, they must be supervised by an adult other than yourself.

Have a great time! We're happy to have you here!

FLIP - LAUGH - WONDER