

Parent and child-Tumble Buddies Class

Hello Parents! Welcome to Flip For Me's Parent and child class. We would appreciate you reading this over before you begin. The guidelines listed below are important to maintain the safety and well-being of everyone in the gym.

Keep in mind, this class is for Toddlers ages 2-3 years and is designed to challenge your child's mind and body with a safe and positive learning experience. We aim to improve motor skills, coordination, and muscle development. Positive reinforcement is used to encourage body awareness, social interaction, and self-confidence.

Rules:

- Only one parent per child in the gym. No other siblings in the gym, regardless of the age, unless are part of a running different class at the same time.
- No gum or food allowed in the gym. Please only bring in water
- No toys from home in the class
- Please focus on parent/child interaction, parent's may socialize before/after class
- Classes run mornings only at 10am Tues, Thurs or Sat.

Safety:

- All bags containing valuables must be placed against wall, out of the walk way
- All shoes are to be stored in our cubby room
- Stay within an arm's length of your child, and do not allow them to wander to restricted areas of the gym
- Do not jump too close to your child on the tumble track (trampoline), you might bounce them off
- Support your child by the arm and lower back when using the bar to hang from
- Do not allow your child to hang from their knees upside down
- Avoid lifting your child by the wrist
- Support your child's head and neck when rolling forward and backward and lift from the hips if needed
- Support your child's upper arm or hips when spotting on the beam
- Avoid forcing straight legs while stretching, it should be fun not painful
- Avoid a bridge stretch, at this age we practice a boat stretch instead
- Be respectful of other children and parents and avoid situations where your child might be in the way of another

Please keep in mind if your child is having a bad day, it might be best to take them out of class and try again next week to maintain the class structure for the other parents and children.