

# HOH Toddler Class Information Sheet

## Gym Tot Class at HOH

**Welcome** to a fun experience with your 2-3 year old! This letter is to acquaint you with Toddler/Parent class procedures.

Our goal at Head Over Heels Gymnastics is to introduce basic gymnastic skills and exploration through the use of specialized preschool gymnastics equipment. This program is designed to build strength, coordination, and self-confidence while incorporating interaction between parent and child. Our progressive lesson plans work to develop both fine and gross motor skills through fun and engaging activities.

### Toddler Class Highlights

- ❖ Fun time with Mom or Dad
- ❖ Jumping, landing, and rolling skills
- ❖ Learning in a group atmosphere
- ❖ Physical Fitness is FUN!



### Parent/Adult Participation

- ✓ Adult Participation is required! (If a parent is unable to attend nannies, relatives and friends are more than welcome to participate adhering to the 1/1 ratio).
- ✓ You are your child's partner (and teacher's second set of eyes and hands) and must stay with them at all times during class.
- ✓ **A participation form must be signed by each parent/guardian participating with your child in the gym.**

**Each Class** will start in our warm-up area where we do partner stretches, and try to learn basic body positions and terminology. We realize that toddlers have a mind of their own and the best way to keep them involved in our activities is to grab a hand and be their partner. We expect that they will wander some at first. For safety reasons, please immediately follow and retrieve them.

We will introduce stations for you to accompany your child where the teacher will show you the objectives of each task and how to help you assist your child. Remember, any attempt at a station is a success!

Activity stations will include large muscle areas for jumping, running, rolling, swinging, as well as fine motor skills. There will also be some free exploration time for them.

For safety reasons, it is important that you always stay within arms reach of your toddler and siblings should not accompany you to class.



### Equipment Safety

- **Trampolines:** only 1 person on the trampolines at a time. Please do not step on the blue edges of the large in-ground trampoline.
- **Foam Pits:** Our foam-filled pits are bottom entry only (never face or belly first). Children need to keep their head above foam blocks so they can be seen at all times. *For the safety of your child, please lift him/her out of the pit from under their arms.*
- **Resi-mats:** We have 2 large in-ground mats located next to each foam pit. Please use caution while walking across these mats as they do sink down.

### The First Weeks of Class

The first weeks of class may be a bit busy for your child. As soon as you enter the gym they want to go, go, go! If you and your child are new this session, please realize that the first time or two is the hardest for you and them. There will be other children who have been in the program longer, and may be older. There are many different developmental stages between 2 and 3. Try not to compare your child to them. They were new once also.

It is okay if your child does not want to participate in the exact way the teacher presents the lesson; try to follow along and enjoy their attempts. Eventually they will become more accustomed to the class structure.

**By the end of a term it is truly amazing how many things they can do!**

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