



Welcome to Kindergym class! We are so grateful that you chose Rock Springs Gymnastics to enhance your child's mental, physical, and social health. We are proud of our recreational programs, and our Kindergym class is no exception!

We have pulled together some tips and ideas that we would like for you to keep in mind as you enter the Kindergym program. These points are designed to enhance your experience, and for you to understand why we do what we do, and to also gather some insight regarding the progress you can expect from your children.

1. What should my child wear?

Your child should wear something comfortable and stretchy without any buttons, snaps or zippers. For girls, leotards or unitards are best, but you can also wear a tucked in T-shirt and athletic shorts. We spend a lot of time upside-down so it's important that their top doesn't fall over their heads. Long hair will need to be pulled back and bare feet are best for children as it allows them to grip with their toes providing them with better balance and coordination while developing foot and leg strength.

2. Is it better if I stay and watch class or can I leave them and come back?

Most children in this age group prefer that a trusted adult stay within eye sight during class. Please plan to be present during the entire class. They love showing you all the things they are learning.

3. What if my child has to use the restroom during class?

It's best to use the restroom before class, but if your child needs to use it during class we do ask that the parent/trusted adult attend to all toileting needs. Our instructors are not allowed to leave the class area once class has started and they are not allowed in the restrooms with any child. Another reason to stay and watch the entire class.

4. A note about the Warm-Up:

Warm-Up time can sometimes be the most difficult adjustment for children. In the beginning, it is very common for children to be hesitant to participate in the Warm-Up. This is perfectly normal. Just give it some time, and they'll get the hang of it in no time!

5. How long before my child adjusts?

It typically takes 3-4 classes (Sometimes more! No big deal!) for children to become familiar with the process and comfortable with the instructor.

4. What should I do if my child is not following directions?

The gym environment is very stimulating and exciting for children and it makes it hard for them to control themselves. Good thing learning self control, listening & following directions is one of our main focuses of class. Please allow the instructors to redirect your child and coax them back into class participation first. If you feel this is unsuccessful and that if you say something it will help your child reengage in class, please feel free to do so.

5. What is the purpose of the class?

This class was designed to be a transition class from the more play-centered Tumbleweeds class to the more skill-centered developmental gymnastics classes. We are teaching the same skill curriculum in Kindergym as we do in our Pink/Orange classes, but with a shorter, more age appropriate time frame, on smaller more age appropriate equipment. We feel that by doing this we can better set each child up for success. As a parent, we encourage you to not put too much emphasis on the skills- we're all about structure, socialization, building self confidence, and most importantly- FUN!

