



Welcome to Monkey & Me 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 Monkey & Me 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 Monkey & Me 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. 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. While we're on the topic of what to wear, you'll want to wear something you can easily move in too. You can go bare foot or wear socks, but we don't allow outside shoes on our mats.

2. 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!

3. 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 if my child can't sit still while the instructor demonstrates?

No surprise here! We're teaching 18 month - 3 year olds! There is absolutely no need for you to worry. If your child has difficulty sitting still for the demonstrations (we keep them short and sweet!), remember this is completely normal and expected! This is simply another part of the learning process for these little ones. Do your best to keep them engaged and excited to watch, but if your child needs to stand or move around a bit, we encourage you to let it happen. Make it less about a power struggle, and more about having fun!

5. Where should my child be during class?

We do ask for the safety of your children and other children and grown-ups, that you do your best to keep your child in the area that is presented, and within your arm's reach at all times.

6. What is the purpose of the class?

The biggest component to the class is to teach structure and routine. Being introduced to structure is just as important as learning skills for children this age. Your child will also learn fundamental skills, which will allow them to progress through the program and into Tumbleweeds when they are old enough to move up. As a parent, we encourage you to not put too much emphasis on the skills- we're all about structure, socialization, play, and most importantly- FUN!

