



GYM-N-LEARN CLASSES

What to Expect from Your Gym-N-Learn Educational Preschool Gymnastics Class

You're about to start a journey with your child that will bring you together to celebrate fitness, gymnastics, and education. The sport of gymnastics is the basis of all other sports and will later help them in sports such as soccer, football, basketball, and volleyball. Our goal is to provide your child with physical fitness each day at school. Our philosophy here at Patti's All-American is to teach and encourage confidence in children in a fun and safe environment and create relationships with the entire family. Below are some policies that will help make this experience as comfortable for both you and your child as possible.

Gym-N-Learn Educational Preschool is unique because we offer the best of both worlds: academics and gymnastics. Nutrition is part of the curriculum and we discuss proper eating habits. Gym-N-Learn is nap-free and snack-free. Your child participates in a thirty-minute gymnastics lesson every day at school. Make sure your child eats before arriving at school.

Ten Ways to make the first day of school a success

- 1. Gymnastics shoes are required for your child every day.** Our customer service rep. can help measure your child for the right size shoe sold in our Pro-shop before the first day of class. Please have your child wear gym shoes to class every day. If a child forgets gymnastics shoes more than three times a month, your child will not participate in the gym for the day.
- 2. To identify your child as part of the classroom, please follow the required apparel for class.** Each child must purchase the uniform "academy polo" from our Pro-Shop. Each child wears black elastic waist shorts or leggings plus gymnastics shoes. During the colder months, your child may wear elastic waist pants. Pants with zippers, buckles, or skorts are not safe for class. Girls with long hair must have it off their shoulders.
- 3. Staff will ask your child to use the washroom before class** and put all coats, extra clothes, and shoes inside a backpack. Backpack should be large enough to fit a regular size folder inside. Remind your child about asking the teacher if they need to use the washroom during class. On the first day of school, please pack a set of clean clothes including underwear and socks in a labeled ziplock bag. School folder, gymnastics shoes and academy polo with shorts are part of the daily routine.
- 4. Drop off service can be used for grandparents, parents with other children with them in the car, or expecting moms.** Teachers will get your child out of the car if you use this service ten minutes before class starts. All others should walk their child into school and wait for the teachers to allow them into the classroom. At end of school day, the same applies. If using pick up service, please park by the tree line until you see the teachers come out the doors. We

cannot have cars blocking the driveway under the canopy. There are other classes coming and going at dismissal.

5. **If you arrive late, park and walk your child to the front desk.** Please get their gymnastics shoes on and wait for customer service rep to walk your child to the classroom. Parents must exit out the door in the gym.
6. **After the gymnastics lesson, your child washes his/her hands and goes upstairs to change his/her own shoes.** Send your child with a water bottle with their name on the bottle. Your child continues the rest of the two hours with several different activities involving colors, numbers, shapes, letters, writing, pre-reading, and Spanish.
7. **All parents use pick up service when coming to pick up their child at the end of school.** If you are running late, please call the front desk. Your child will be upstairs in the classroom with the Gym-N-Learn teachers. Please wait at the front counter for a staff member to bring your child to you. You must exit through the gym. There is a \$1.00 per minute late pick up fee for your child, if you are later than ten minutes after class (11:25 or 2:40.) If you arrive early, please park along the tree line, we cannot have cars blocking under the canopy.
8. **Always feel free to ask your child's teacher any questions you may have** about their progress and/or behavior during class. If you are not comfortable speaking to them, you can contact the Gym-N-Learn Director, Yesenia Vidal (Miss Yesenia). You may email Miss Yesenia directly at yvidal1975@gmail.com
9. **All local and state protocols will be followed in the classroom.** There is an entrance and exit door only. If your child arrives late, park and walk your child to the front desk and wait for a customer rep to help your child into class. Parents will help their child get on gymnastics shoes and put all other items in a school bag. Students must wash hands and walk to the upstairs school area with a teacher only. All guests must exit through the gym door only.

Daily Events in our Classroom

- **Physical fitness-** 30-minute gymnastics lesson.
- **Circle Time/Music-** Recites Pledge of Allegiance, sings songs about shapes, colors, numbers, letters, and days of the week, simple science and history lessons.
- **Table time-** Rotates from table to table completing worksheets on colors, numbers, shapes, letter writing, and pre-reading skills.
- **Story time-** Listen to the teacher read a story.
- **Gym-N-Learn Academic goal sheet-**At the beginning of the month, a paper comes home explaining the goals for the month. It has all important information for the month. Check your child's folder for updates.
- **Computer Lab** – Child uses educational software on iPads.
- **Art** – Works with paint, crayons, markers, stencils, glue, and scissors to complete a weekly art project

What to Expect from Your Ready-2-Learn Educational Preschool Gymnastics Class

Here are a few safety rules for adult helpers or siblings during class:

1. **Every adult and child who goes onto the floor of the gym must have an updated online policy agreement registered with us.** If another adult attends class, other than the one who originally registered the student, they must go to the office to sign an additional participant waiver.
2. **If a sibling is brought out on the floor, that child's name must be added to the online policy agreement as well.**
3. **Every adult who attends class should wear socks.** If a parent forgets their socks, they will be asked to purchase a \$1 pair from our office. No street shoes can be worn in the dancing school or the gymnastics area.
4. **Be aware of different levels and surfaces in our gym.** Some of the mats may be a little less firm than the rest. We ask that adults stay off the equipment for safety reasons.

Ways to make your first day a success in Ready-2-Learn

1. **Make sure you stop at the front office for a nametag** for you and your child.
2. **Ask a customer service person to show you where cubbies are located** for your shoes, coats, and other personal items.
3. **Sit with your child on the benches in the lobby** or on the floor located in front of the cubbies. Class begins in the gym and finishes upstairs in the classroom.
4. **Your child will run or wander from class. Don't yell for your child to return to class.** Instead, accompany your child to their area of curiosity. This is a child-centered class. Your child needs your approval. Don't overcorrect your child. Try to encourage activity and movement. Praise them as often as you can. Success breeds success.
5. **Look for a "teachable moment."** Once they "do their own thing," they may look over at the group and decide what they're doing looks fun, too, and will hopefully re-join the class at that time. Your parent and tot class here is a unique situation where YOU get to be out on the floor with your child. Think about it. You don't get to join them on the soccer field, the basketball court, or in kindergarten. You join them at Tumblebear Gym. Make the most of it. Lots of hugs should be the mainstay here in class.
6. **Several friendships form during this class for both you and your child.** We encourage you to chat with other parents before and after class. However, during class we strongly suggest you interact with your child and assist your child learning new skills. If you need help, please ask the instructor.