



What to Expect from your Parent & Tot Tumblebear

- **Crawling Bears**
- **Baby Bears**
- **2/3 Bears – “Teddy Bear Level”**

You're about to start a journey with your child that will bring you together to celebrate fitness and gymnastics. The sport of gymnastics is the basis of all other sports and will later help them in sports such as soccer, football, basketball, hockey and volleyball. Our goal is to provide you with an avenue that you can use to become closer to your child.

Your parent-and-tot class here is a unique situation where YOU get 45-minutes of uninterrupted QUALITY time to spend 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 do at Tumblebear Gym. Make the most of every special moment. Lots of praise and hugs should be the mainstay here in class.

Our philosophy here at Tumblebear is to teach gymnastics, keep your child safe, have fun, and enhance their self-esteem. Below are some policies that will help make this experience as comfortable as possible for both you and your child.

1. **During the class if your child doesn't cooperate and wanders off to do their own thing, don't be upset with them.** Encourage them to come back to the group. But if they start doing another activity that you know is something they have done in class before, let them do it and help them. This is a child-directed class. Look for a “teachable moment”. Once they “do their own thing”, they may look over at the group and decide that what they're doing looks like fun, and will hopefully re-join the class.
2. **There are many benefits to attending a class like this for both you and your child.** This is a place where many friendships are created. We strongly encourage you to talk to other parents before and after class, because it's hard for other parents to hear the instructor if you're talking during the class. Ask if they'd like to go out to lunch with you or make a play date with you. Use this unique opportunity to meet new people and create new friendships for you and your child.