

1 Year Olds



At Troy Gymnastics, we strive to make learning a fun experience. Each child is an individual with unique strengths and challenges. We recognize the true potential of each child and work with them through the various stages of learning and growing. Our goal is to teach confidence, perseverance, respect, sharing, and independence through movement and the joy of learning. We look forward to meeting you and your child in our parent and tot 1 year old class. Please read the information below before coming to your first class to give you and your child a head start and an idea of how this class is instructed.

Beginning of class: Your class will typically start on the trampoline. The coach will teach our “jumping song” if they feel the children are capable and ready for this activity. This gives your child the opportunity to receive individual attention in front of the group and work on waiting for their turn.

Show station: After trampoline warm-up, it will be time for some gymnastics. Your coach will direct you and your child where to sit so they can demonstrate the activities. If your child will not stay seated, please sit with them as the coach demonstrates.

Stations: Please stay with your child at all times. For the sake of safety, you must always be within arm’s reach of your child. At this age, we do not expect children to do all of the activities in order; we do, however, ask that you keep your child with the class. Please encourage your child to try the activities and to stay active. Remember, this is a process and a learning experience that does require parental guidance and support from the teacher.

Free Play: At the end of each class, there will be free time. This is the time for monitored exploration. Encourage your child to interact with the other children in the class. This is an excellent opportunity for them to practice social skills and brief independence. Often, this will take place in the tunnels or upstairs.

Stamps: When your child’s coach says it is time for stamps, this means it is the end of class. Please start making your way downstairs at this time. The coach will give every child a stamp downstairs and inform parents of important information.

****A couple more reminders****

-If you need to bring a sibling to class, they are welcome to sit and play quietly off to the side. They may not be on the equipment at any time. We can provide coloring sheets and crayons if they need an activity.

-Please keep all food and drink out of the gym (water is allowed).

-We recommend not bringing your cell phones to class. This is valuable time with your child. If you need to make a call, please keep your child with you while stepping out of the gym area.

-For your safety, please stay off all equipment. Every apparatus is custom made for small children.

*****Curriculum is subject to change based on children’s needs of the day*****