

# Welcome to Preschool Gymnastics at



## The Unique Experience at Troy Gymnastics

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.

## Parents' Guide

The preschool staff at Troy Gymnastics has a wealth of knowledge about childhood development and psychology. To ensure your child receives the proper care and education, we make calibrated lesson plans. Our goal is to keep you up to date with everything your child is learning. The "Troy Gymnastics Parents Guide" is a weekly newsletter that correlates with the week's lesson plan. Please feel free to take one from the bulletin board in the lobby.

## Tips for First Timers

**\*Did your child use the bathroom?:** We understand that many of our students are still potty training and may have to take multiple bathroom breaks. To ensure your child gets the most out of their allotted time, please have them TRY to use the bathroom before class.

**\*Independence:** We understand that this may be your child's first time doing an independent activity. In some cases, there may be some nerves from parent and child. For new students, our goal is to earn their trust, to develop a student/teacher relationship, and learn about them as an individual. It is critical that you as a parent allow your child the opportunity to become comfortable in the gym independently. It is not uncommon for your child show signs of anxiety during their first or second class, but that is part of the process, and our coaches have been trained to handle these situations. The coach will bring your child to the lobby if there is something they need your help with. To help eliminate any nerves, have your child draw their coach a picture to give to them the first day of class. You may also let your child bring a stuffed animal the first couple of classes to help them self sooth quicker. Please do not be afraid to give your child's coach a call if you foresee separation being a big challenge for you and your child.

**\*Parents in the gym:** Parent and tot parents are the only parents allowed in the gym during a class. If you need to contact anyone in the gym, please talk to office staff, and they will deliver the message to your child's teacher. Independence is a very important part of development. This rule is in place to help start that process for your child.

**\*Dress code:** Students may wear anything that they can move comfortably in. Leotards, leggings, soccer shorts, and sweats are all great options. Socks are optional but may be slippery on some surfaces in the gym. No midriff shirts or dangly jewelry are allowed for the safety of the gymnasts.

**\*Pictures:** Out of respect for the other parents and children that attend Troy Gymnastics, we ask that you refrain from taking pictures during class.