



## Baby Cubs Information Letter

Welcome to the GymKats Baby Cubs Program - we are excited to have you and your child in our program!



### **#1: How will the class be structured?**

The class will consist of musical circle activities, highlight stations of the week and free exploration.

The gym circuits change every 2 weeks, although the exact format of the class may fluctuate from week to week, depending on the group's attention. Coaches will introduce a new skill every one to two weeks (to increase repetition and familiarity for the parent/caregiver and child). Coaches will show each parent/caregiver how different areas of the gym can be used to develop the skill of the week.

Please note that this is not a formal follow the leader class, but we do teach stations to educate parents and caregivers about introductory movement skills and how to safely navigate the gym.

### **#2: What is my role in the class?**

You are to remain with your child at all times. The coach will show each parent/caregiver how to safely spot their child on any apparatus that is higher than the child's knee height. We are building children's confidence – and it is necessary for the child to feel safe and secure in order to learn effectively.

The amount that you directly participate in the class, and follow the instruction, will impact your child's involvement. At this age, children will respond more easily to the parent/caregiver that they are used to interacting with. Hugs and kisses – or other reward-behaviours that the child typically receives are encouraged.

Please use only the props and equipment that have been brought out onto the circuits. We limit props and equipment to ensure that children are able to view novel stimuli every two weeks, and do not get overwhelmed by the options within the gym. When in doubt, please ask the coach about what is available during the class.

### **#3: What should I wear/bring to the class?**

Please wear comfortable clothing that allows you to bend and stretch with your child. Due to cleanliness and "little feet", please wear socks or go barefoot in the gym area.

### **#4: What should my child wear to the class?**

Children should be dressed in comfortable clothing and must go barefoot in the gym. Please note, baggy clothing, long pants (pants that are longer than ankle bone), and dresses should be avoided, as they can be present

dangerous tripping and catching hazards. Tights or socks can cause children to slip while climbing.

**#5: What do I do if my child is sick?**

If you or your child is ill, please stay home and rest to minimize the spread of illness and improve recovery. Please contact Coach Ashley in advance, and we will do our best to schedule a make-up class. Please note – we do not guarantee the ability to schedule a make-up class, as we have strict class ratios. That being said, we typically try to offer one make-up session for illness per session.

**#6: Am I allowed to use the equipment too?**

We would love to have adult gym – however, many pieces of the GymKats equipment are designed to hold children 70 lbs or less. Additionally, we are only insured to have children on equipment. For your safety, and to maintain the integrity of the equipment, no adults are permitted on the beams, bars, rings, or trampoline unless specified by our coaches.

**#7: Is a nanny, grandparent or friend allowed to bring my child instead of myself?**

Absolutely – we love to meet the special people in your child's life! Please inform the coach prior to the class date if someone else will be bringing your child, as every adult who goes onto the floor of the gym with a child must provide their full name, and contact information for liability purposes.

If you have any questions, please don't hesitate to ask! Enjoy our Baby Cubs program!