



Cheetahs & Jaguars Information Letter

Welcome to the GymKats School-Age Program - we are excited to have your child in our program!



GymKats Program Focus: GymKats values an environment of different skill levels, mixed ages and co-ed classes, as they allow for modeling and teaching that is invaluable to the learning experience. Our coaches strive to teach each child at their own ability level – to ensure that they are on their learning edge. Progressions for skills are used to adapt stations to make them suitable to each child's level.

#1: Why is my child learning “popcorn” and “egg rolls”?

Fun is the Name of the Game! Coaches rely on imagery and verbal repetition to teach and correct skills. We believe that making the class fun and using words and phrases that are memorable will make it easier for children to learn the skills. We are teaching FUN-damentals every step of the way. By breaking the skills down into fun progressions, we are allowing children to experience success, which will build motivation and self-confidence.

#2: What happens during a class?

At this age, coaches focus on introducing gymnastics shapes and elements, as well as fundamental movement patterns, cognitive and social skills. We typically teach the same lesson for two weeks, with minor changes, as it helps the children remember the skills. GymKats programs teach physical, cognitive, and social skill development.

Sample List of Non-Gymnastics Skills Taught in Cheetahs and Jaguars Class:

- 1. Physical Skills:** Gross motor skills, fine motor skills, coordination, agility, balance, and strength
- 2. Cognitive Skills:** Directionality, laterality, patterning, spatial awareness, communication, and problem solving
- 3. Social Skills:** Cooperation, communication, self-confidence, group social skills, and following instruction

We ask that parents and caregivers allow coaches to guide the children, and if necessary, we will reach out to you if we require assistance to aid your child. As much as we know that you want to help us with group organization, coaching your child when they are in their group can be distracting to the child, the coaches, and disrupt the class rhythm.

#3: What should my child wear to class?

Children should wear comfortable, fitted clothing. Baggy clothing, long pants (pants that are longer than ankle bone), and dresses can be dangerous as they present tripping and catching hazards. Please remove your child's loose jewelry, and tie hair out of their face. Children must go bare foot in the gym. Tights or socks can cause children to slip while climbing.

#4: Do I need to bring anything else?

A water bottle and a child with a big smile!

#5: What is your make up class policy?

GymKats does not guarantee make up classes, however we do our best to accommodate 1 (ONE) makeup class per session if we are notified ahead of the class missed. Please complete the form at this address: <https://www.gymkats.ca/makeupclasses> and we will respond to your request with a makeup class time, or if one is not available, we will verify that you are on the waitlist for the preferred make up class time.

We are very excited to see you on the first day of class – there will be plenty of cartwheels, swinging, and smiles!

If you have any questions or require clarification in the meantime, please contact Coach Ashley at (647) 227-5231, or at gymkatsinc@gmail.com.