

**Helping your Preschooler have a SUCCESSFUL Gymnastics Class.**

Your child is learning a lot more than just forward rolls and cartwheels in their gymnastics class. We love helping preschoolers learn to wait their turn in line, take turns with others and try new things!

We know that sometimes these situations can be challenging for our Gymsters. We want to partner with you to make sure your child has a happy experience on the gym floor! Here are the Gymster guidelines for social behavior while on the gym floor. Please support our Gymster staff in their goal of building your child's social and emotional development during class and Adventure hour.

**Staying with the teacher**

Gymster students should stay at the station, with their teacher or grown up at all times. Running to another area of the gym, unsupervised can be dangerous. If your child has trouble consistently staying with the class talk to your child's teacher or consider switching to a less structured class.



**Taking turns**

Always take turns when using manipulatives or equipment during Adventure hour or class. We use lots of praise when your child successfully shares toys or equipment!

**April Theme: Perfect Pets**

In April students will explore friendly animals that live in their homes and how they move! Cats stretch, dogs crawl, bunnies hop, and more! Don't miss the opportunity to talk about our FURRY FRIENDS!

**Skill of the month: Cartwheel**

**Theme Song: "Who let the Dogs out"**



**Spring Show Reminder!**

Don't forget to sign up for the Spring Show and Easter Party on Saturday April 4th at 4:00pm! GymJumpers, Bees and Crickets have been working hard on their performance skills during class and you don't want to miss the fun!

**Sign up at the front desk today!**

### Practicing Patience

We are training students to wait in line at this age but understand that bouncy bodies often have trouble standing in straight lines. We will call students for their turn who are sitting and waiting nicely. You may see your child sitting a balance beam, rug, carpet square while they wait for their turn.



### Class Participation

At 3-4 years old we encourage our students to be independent from their grown up and explore the gym with their teacher. Do they participate in circle time? Does your child answer to their name when called? Do they enjoy learning and trying new things? Practice circle time movements at home to prepare your child for class.

### Regular Attendance

Make sure to attend your regular class each week. Understanding the class routine and teachers expectations will help your child grow, progress and succeed.

### Treat others with Respect

ATA wants all students and teachers to be treated with respect.

**ATA has a zero tolerance policy for biting, hitting or kicking at any age. If your child has a physical altercation with another child in class or during Adventure hour, playtime will be over for the day.**

If you have any questions or would like to talk about your child's social development please contact your child's teacher or come and talk to me.

Happy Tumbling,  
Jocelle Burdett  
Gymster Manager

## Program News:

### Make Up Policy

Make-ups can be scheduled in any open Gymster class and must be completed within one month of the missed class. If you need to reschedule your make up please contact us 48hrs in advance. Missed make-up classes will be forfeited.

#### September-May

Gymsters get 1 make up per month which can be scheduled with the front desk after you have missed your regular class.

#### June, July and August

Gymsters get 6 make-ups during June, July and August and have until September 30th to complete all summer make-ups.

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### Practice at home: LUNGE

April is cartwheel month. Every cartwheel starts and ends with a lunge! By practicing the lunge shape at home and helping your child recognize their dominant foot you will be giving them a foundation for success in their gymnastics class! When your child is familiar with this developmentally important shape they will be more confident and prepared for practicing the cartwheel!

Remember:

- Front leg bent
- Hips and feet face forward
- Arms up

