

Junior Blues

Gymnastics



Hello Parents, Guardians and Tots,

Welcome to the University of Toronto Gymnastics Club!

We are thrilled that you have chosen our program and we are excited to provide your child with an early introduction to the fabulous world of gymnastics and physical activity.

Get ready to be active! While this class is for the little ones parents/guardians should be prepared to be active. It takes a lot to keep up with the tots 😊

This program is all about your Tot:

- **Encourage** his/her participation in a positive way
- **Lead by example** — stay engaged in the class & help your tot to participate
- **Structure and repetitions** create healthy learning habits
- **Specific instructions are provided** so your Tot can progress at his/her own pace
- **Follow the progression and don't rush** — one step at time.
- Try to use free time in the pit as a **reward near the end of the class**

Keep in mind that your Tot's safety is our first priority!

- The gym has a lot in it to explore and there is lots of fun to be had **but tots need to be supervised at all times.**
- **ALWAYS** stay within arms' reach of your Tot
- Equipment is for the **EXCLUSIVE** use of the Tots
- **No food and drinks** inside the gym

Every class is structured in 5 supervised modules:

- Warm-up (10 min)
- Floor circuit (15 min)
- Use of the equipment with individual instruction (30 min)
- Trampoline instructions (15 min) — **Coach MUST be present!**
- Good bye song & stickers! (5 min)

Arrive late?

- Please join the class in progress

For your safety and your tot's, please follow the instructor's guidelines.

We are looking forward to a fun session!

