



Policies for Parent and Tot Classes at Tumblebear Gym-Patti's All-American



You're about to start a journey with your child that will bring you together to celebrate fitness and gymnastics. The sport of gymnastics is the basis of all other sports and will later help them in sports such as soccer, football, basketball, and volleyball. Our goal is to provide you with an avenue that you can use to become closer to your child by having such QUALITY time. This class can give you 45-minutes of uninterrupted time to spend just with your special little one. Our philosophy here at Tumblebear is to teach gymnastics, keep your child safe, have fun, and raise their self-esteem. Below are some policies that will help make this experience as comfortable for both you and your child as possible.



1. Every adult and child who goes onto the floor of the gym must sign a registration form in the office. If another adult other than the one who originally registered the student attends class, they must go to the office to sign the original registration form, too.
2. If a sibling is brought out on the floor, that child's name must be entered onto the registration form as well.
3. Every adult who attends class should wear socks. There are cubbies INSIDE the gym against the front 1/2 wall that each parent can use to store their shoes. If a parent forgets their socks, they will be asked to purchase a pair from our office. No street shoes can be worn in the dancing school or the gymnastics area.



What to Expect From Your Little Tumblebear and Your Role in the Class

1. Don't compare your child to others. Each child physically and mentally matures differently. Many of the children have been to class here before and know what to expect and already feel comfortable with the guidelines. The age of the students in class is important to remember, because even a few months older at this age can make a big difference in behavior.
2. During the class if your child doesn't cooperate and wanders off to do their own thing, don't yell at them. Encourage them to come back to the group. But if they start doing another activity that you know is something they have done in class before, let them do it and help them. This is a child-directed class. Look for a "teachable moment". Once they "do their own thing", they may look over at the group and decide that looks like fun, too, and will hopefully re-join the class at that time. Your parent and tot class here is a unique situation where YOU get to be out on the floor with your child. Think about it. You don't get to join them on the soccer field, the basketball court, or in kindergarten. You do at Tumblebear Gym. Make the most of it. Lots of hugs should be the mainstay here in class.
3. There are many benefits to coming to a class like this for both you and your child. This is a place where many friendships are created. We strongly encourage you to talk to other parents before and after class. It's hard for other parents to hear the instructor if



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instructor if you're talking during class. Ask if they'd like to go out to lunch with you or make a play date with you for later. Use this unique opportunity to meet new people and create new friendships for your child and yourself.

4. Your child needs your approval. Don't correct your child. Try to encourage activity and movement. Praise them as often as you can. Success breeds success.
5. Remember, this is not Gymboree or other play groups. This is a gymnastics class and we encourage structure and learning of skills. If you need help spotting your child or giving them correct suggestions, ask your instructor. We're here to coach both you and your child a fun, instructional class.



Did you know that our program is a stepping-stone for your child's reading development? This information should explain to you how we incorporate the basic categories of reading readiness into our physical fitness program for your preschooler.

In the book, How to Teach Your Baby to Read, Glenn Doman states that a child below the age of five absorbs tremendous amounts of information at a remarkable rate. He continues to say that the young child has a tremendous amount of energy combined with a monumental desire to learn. Furthermore, a child under the age of five *can and wants to learn to read*.

According to Frost and Kissinger in, The Young Child and the Educative Process, and Spache in, The Teaching of Reading, some of the basic categories of reading readiness are listed below.

The components of reading readiness are quite similar to the components of motor skill development. Our Tumblebear Program was created to promote the development of reading readiness, and gross and fine motor skills. Below are some examples of how we incorporate these ideas.

Visual differentiation- seeing and feeling the different size of bars and how far to swing to dismount

Laterality- moving sideways down a beam

Directionality- understanding left and right when learning a handstand and cartwheel

Hand-Eye Coordination- throwing a hoop over a cone

Distance, size, shape in space-how far to roll to stay on the mat and land correctly

Small muscle coordination- pointing toes during a skill or passing a bean bag to a partner

Large muscle coordination- learning gymnastics skills

Word & letter discrimination- we label certain items in the gym and use letters as props

Sensory discrimination- squeezing the bar with the right grip to spin around the bar

Auditory factors- listening to the teacher

Awareness, perception, and memory- listening and understanding the teacher

Expressive language- explaining to family members after class what they did

Attention spans- ability to stay at a station and work on one skill

Imitating- watching the instructor or other children do the skills and repeating it

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