



Mid-Atlantic Gymnastics Center, LLC

5320 Enterprise Street, Suites E & F, Eldersburg, MD 21784
410.549.3379

www.midatlanticgymnastics.com

Dear Parents;

Welcome to our Tiny T class! Our goal is for you and your child to have fun while exploring movement in this class designed especially for the very young gymnast. Our class is divided into four main sections. 1) Warm-up 2) Motor skills across the floor 3) Obstacle course 4) Movement exploration within the gym

We would like to explain just a few things about how the class works.

First, we ask you to be your child's main teacher. Children at this age still feel very connected to their parents, and respond much better when directed by you.

Second, please stay within an arm's reach of your child at all times. There are many places for a small child to trip or climb and fall in a gym, no matter how hard we strive to keep it safe. Because your attention needs to be with your child at all times, please avoid talking with other parents during class; before and after class is the time to share information with the other adults.

Third, since these children are about two, they will not be particularly eager to follow directions and be perfectly behaved. Everyone knows this, and we just do our best to guide the child who is behaving in a disruptive manner towards better behavior. We do ask that if your child starts to wander away during any or the more organized sections of the class, please follow right with him or her and gently try to "herd" him or her back to the group.

Try to avoid the word "no."

When you are exploring the gym at the end of the class with your child, don't tell the child what to do, but instead use this time to tell the child what he or she is doing. This is not only a great way to build vocabulary but can be a way to give your child a sense of independence.

Finally, enjoy yourself! And if you ever have any questions, feel free to ask !