



## **Pre School Gymnastics & Movement** **Important Information**

**Twinkles Pre-School Gymnastics & Movement Classes:** The sessions are structured to involve both parent & child, starting with a warm up, hand apparatus and movement to music. Once everyone is nice and warm its time to move on to the big equipment (with help from Parent/Carer) and to finish the session a cool down with songs, stories or other activities.

**Equipment:** Small hand apparatus, soft play, and large gym apparatus.

**Large apparatus:** Children are only allowed on the large apparatus at the designated time in the session with the supervision of their parent / carer and under the guidance of a coach.

**Supervision:** Children must be supervised at all times by their Parent / Carer, please do not leave your child / children alone any time during the session.

**Participation during the session** – In order to get the most from the session try to keep engaged with your child throughout the activities and help them follow the lead coach's instructions. Try to avoid having conversations with other parents during the group work on the floor as this can cause others to become distracted. If your child is upset or anxious during any part of the session it may be best to sit at the side and observe the activity until they are ready to join back in or alternatively if a child needs time out, you are welcome to use in the waiting area.

**Dress:** Your child will appreciate wearing comfy clothing, choose soft stretchy fabrics that will give your little one plenty of wriggle room and won't restrict movement. No jeans, skirts / dresses bows, buckles, buttons, zips or anything that will get in the way when your child climbs around. Ensure trousers are not too long, to avoid any falls. Bare feet for children, and parents to wear socks or bare feet. Please ensure that adults clothing is also suitable with nothing that can be caught on the apparatus / child.

**Hair:** Long hair must be tied back (Parent & Child).

**Jewellery:** British gymnastics have a strict no jewellery policy for participants and parents involved within the sessions, so no jewellery is permitted in the gym (including earrings, watches, bracelets, necklaces), wedding rings may be covered with tape. Please ensure all items are removed before the session commences.

**Shoes:** No outdoor shoes allowed in the gym, please leave them on the shoe racks in the entrance.

**Pushchairs** – Unfortunately we cannot allow pushchairs in the main gym but these are fine in the waiting area. If you have a small **baby it is better to bring them into the gym in a car seat.**

**Illnesses or injuries:** If your child has an illness or injury please inform the coach in charge before the session commences.

**Mobile Phones:** Please ensure all mobile phones are turned on silent whilst in the gym. Please do not use your phone whilst the session is in progress, unless there is an emergency.

**Food & Drinks:** If you would like to bring a drink into the gym please bring in a spill proof container (no fizzy drinks). No food is permitted in the gym. There is a refreshment area where you and your child can have a drink and snack after the session has ended.

**Supporting your child on the Apparatus:** If you have not been shown how to support your child safely on the apparatus please ask one of the coaches. Hanging from the Bars / Trapeze / Rings, do not allow your child to swing or hang for longer than 10-15 seconds, ensure they are supported throughout.