



BabyCrawlers / BabyWalkers Parent Information

CLASS FORMAT

5–8 minutes of Warmup Songs & Parent & Child Games
10–15 minutes of Circuit (BabyWalkers Class Only)
10–15 minutes of Station Activities
5–8 minutes of Closing Games & Good Byes

WHAT TO WEAR

Parent: barefoot or socks;
Child: barefoot or non-slip socks; shorts or pants, leotard or shirt.
(no dresses or skirts please) Leotards available in the YMCA Lobby.

BEFORE & AFTER CLASS

Arrive no more than 5 minutes before class begins. Your teacher will come out to get you. Being on time for class will allow everyone to start off on the right track for the class.

Exit the Gymnastics Room promptly so we may prepare for the next class.

DRINKS & FOOD No food or drinks are allowed in the Gymnastics Room.

PLEASE DO NOT COME TO CLASS if your child has a fever, viral or flu symptoms.

TANTRUMS & BAD BEHAVIOR

ALL children have bad days so when bad behavior happens, we prefer that you quietly remove the child from the room to calm down. Come back in and try again! Leaving for the rest of the class is teaching your child how to get his way!

LEARNING GYMNASTICS SKILLS:

At this age it's all about moving and experiencing not about perfection or execution.

SAFETY/HANDS ON SUPERVISION

ALWAYS stay in an arm's reach of your child.

Don't let your child swing from a bar without supporting his weight. Holding on is not a sign of strength at this age, it is their brain telling them not to let go! Hanging for kids under 18 months can put stress on their shoulder ligaments. Always support under the hips.

Don't let a child jump from heights higher than his knees. Jumping higher may cause knee injuries and put stress on a child's lower back.

Don't hold your child's hand when walking on beam. Our arms help us balance. **Do** hold at the waist and walk behind them or straddle the beam.

DO

Take advantage of learning situations with shapes, colors, numbers & letters!

Actively participate with your child!

Have fun!

