

Parent / Child Classes

Parent/Child classes are a wonderful opportunity to bond with your child and offer them one on one instruction. At Tumbledown we maintain a structured environment. Gymnastics can be a dangerous sport and if athletes (even as young as one and two years old) are not taught to listen and follow directions, injuries are inevitable. Our goal is to set high expectations of behavior for the children and it is your job in conjunction with your coach to uphold these expectations of the class.

Expectations for the children include:

- Keeping their hands to themselves.
- Listening to instructions.
- Landing on their feet.
- Watching demonstrations.
- Following the format of the class laid out by the coach.
- Using their manners.

The parent or adult participant's role in class is:

- to help your child follow the rules of the gym.
- to help your child follow the instructions of the coach.
- to spot your child and keep them safe.
- to follow the instructions of the coach.
- To be the disciplinarian.

Discipline: they get one warning and if the negative behavior continues then you and the child should sit away from the activity area and count to ten. Then reinforce why the child had to sit out and remind them of the rules and return to the group. If the same negative behavior continues then sit with them again and count to ten. If the behavior continues after two times counting to ten, then they have to sit until we transition to a new activity. If your child is screaming or crying please take them out of the gym and return when they have had a chance to calm down. If you do not know how to handle the discipline then please ask your coach for help and ideas.

Safety Tips:

- "Scrambling brains" - The American Academy of Pediatrics has stated that when an adult takes children under the age of three and throws them about, it could "scramble their brains".
- Jumping Distance - The USA Gymnastics Safety Handbook states that a child should not jump down from a distance any further than the height of their knees. If it is a higher distance, have the child sit down on their bottom first, then jump to their feet.
- Do not spot them on the beam by holding their hand or arm - hold their waste instead.
- Do not jump on the trampoline with your child.
- Children under the age of 5 should not do bridges.
- Do not let children hang from a bar if they are not able to hold tension in their arms and shoulders. Children have weak ligament restraint in their shoulder sockets and loose hanging can be injurious.

Please, ask questions. If you do not know how to spot, how to handle discipline, or anything else PLEASE ask your coach!

Because safety is one of our biggest concerns, it is important that you as the parent follow your coach. The more you listen and participate, the more your child will listen and participate. We organize our parent/child classes based on guidelines for parent/child classes set forth by USA Gymnastics, the national governing body of gymnastics for the United States. If you have comments about how we run the class, let us know.