Active Start Parent Handbook

An Active Start

A Lifetime of Choice
What is Active Start Gymnastics?

What is Active Start?
Active Start is the new term being used instead of Preschool or Kindergym.

“Long term athlete development (LTAD) for Gymnastics has 8 stages. Active Start is the first stage, the entry level, the introduction, the gateway, the foundation, the path and the captivating yellow-brick road. It is the start of an incredible Canadian sporting journey to create a strong, healthy, physically-literate and active lifestyle for anyone wanting to join in the fun.

The 8 stages of the Gymnastics LTAD are:

- **Stage 1 Active Start - age 0-6 boys and girls**
  - Active Start is a developmental stage not a biological age
  - Children under 6 are the main focus of this stage
  - Participants with a disability fit well into the Active Start environment

- **Stage 2 Fun, Fitness and FUNdamental Movement Patterns**
- **Stage 3 Building the Skills of Gymnastics**
- **Stage 4 Specialization in a Gymnastics Discipline**
- **Stage 5 Becoming a Consistent Competitor**
- **Stage 6 Winning at all Levels**
- **Stage 7 International Excellence and Podium Performances**
- **Stage 8 Gymnastics for Life / Active Living**

Gymnastics is one of the first sports in Canada to provide specialized programming for the Active Start participant.

Gymnastics is recognized by the International Olympic Committee as a Foundation Sport for all other sports. The 3 Foundation Sports in the Canadian Sport for Life (CS4L) LTAD model are gymnastics, swimming and athletics (track & field).

Gymnastic participation is crucial to development of many fundamental movement patterns and fundamental sport skills, which in turn develop physical literacy and an active life style.
What kind of Active Start Programs are offered by Oros Whistler Gymnastics Centre?

1. DEVELOPMENTAL AGE GROUP CLASSES
2. PASSTIME PROGRAMS
3. BIRTHDAY BEAR PARTIES
4. SUMMER CAMPS-TBA

What class can my child take?

- Parent & Baby ages 6-18m
- Parent & Tot ages 18m-3yrs
- KinderKids - 3 years
- KinderKids - 4 years
- HighFlyers - 5years

Passtime program: Exploration Gym 16m - 6 yrs
Drop in Parent and tot

BIRTHDAY PARTY BEARS
Book next Birthday Party with us - 1hr gymnastics - for 6 and under

How do I register?

1. You must register for all age group classes. Remember you need your child’s BC Med number when registering.

Register as soon as you can as many classes fill quickly. If you do not get the day you wish try an alternate day. If none of the classes work for you then email info@whistlergymnastics.com to be put on a waitlist for your specific class.

You can register on-line anytime www.whistlergymnastics.com
You can register for fall at Strut Your Stuff, an RMOW activity registration event. You can register in person at Oros, front desk. Check website for office hours. Payment can be made cash, cheque or CC Visa or Master Card. For details see registration policies and procedures under How to Register on our website. Last Call 10% added fees start Sept 15th, Dec 15th, Mar 15th.

2. You do not need to register for PASSTIME programs. Classes are open daily until maximums are reached.

You must buy a pass for any PASSTIME programs. Passes sold only at Oros, front desk cheque or CC Visa or Master card.

See the Passtime section for further details.

**Who can I talk to for more info or concerns?**

Email mail an inquiry to info@whistlergymnastics.com or contact Tami Mitchell Oros Program Manager coachtami@whistlergymnastics.com

**How can I help?**

1. Read the Parent and Caregiver Checklist at the end of this guide.
2. Ask questions if you aren’t sure coach tami@whistlergymnastics.com
3. Volunteer and get involved. We always need help! info@whistlergymnastics.com

**DEVELOPMENTAL AGE GROUP CLASSES**

**Seasonal Sessions:** - Fall, Winter, Spring between 10 - 15 weeks

Participants register for one session at a time. Participants also pay membership/insurance once annually for September to August.

Classes are divided by birth date. Students usually remain in the same class for the entire year. Developmental lessons are provided on a year long plan and tracked accordingly.

Ratio 1:6 max child/certified coach ratio for Kinderkids (KK)
Ratio 1:8 max ratio when we have parent and tot (PT) assistance or added coaches-in-training(CIT)

Groupings within the classes adjust for the child’s developmental stage and experience.

The program is based on the Canadian Gymnastic Active Start Fundamental Multi-Movement Approach.

**ACTIVE START FUNDAMENTAL MOVEMENT APPROACH**
This multi-movement approach is used to challenge your child cognitively, socially, emotionally, as well as physically.

**Why the Multi-Movement Approach?**
The building blocks for all Active Start programs remain the 3 Fs of FUN FITNESS and FUNDAMENTALS.

The **FUNDAMENTAL MOVEMENT PATTERNS (FMP)** taught include: locomotor skills, stationary (balances, supports & hangs), landings, rotations, springs, swings, manipulatives (projection/reception/carrying of hand apparatus)

Games, dance and music will be used to develop and extend the qualities of these FMPs. Using games and the movement principles of dance is essential in the Active Start stage.

**Elements of FITNESS** are included in the Active Start program. The development of cognitive, social and motor attributes takes on a higher importance in these early years of rapid growth and development than training the physical attributes. The Active Start approach is HOLISTIC, considering the development of the whole child. Social and emotional needs are satisfied through guided interaction with other children. You will hear Active Start coaches challenge your child with these 4 movement questions: *What? Where? How? and With whom/what?* Children must think to respond to these movement challenges?

*"Children learn best when they want to learn"*. So it is important to recognize and include the elements that lead to FUN for the Active Start participant.
Each week, an imaginative topical theme which relates to the developmental goals and inspires young gymnasts is introduced.

**Fall Themes/Goals are:**

<table>
<thead>
<tr>
<th>F1</th>
<th>Getting To Know You</th>
<th>Social/Listening</th>
</tr>
</thead>
<tbody>
<tr>
<td>F2</td>
<td>Animal Crackers</td>
<td>Social/Locomotion</td>
</tr>
<tr>
<td>F3</td>
<td>Danger Zone</td>
<td>Safety/Locomotion/Listening</td>
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<tr>
<td>F4</td>
<td>Wheels On the Bus</td>
<td>Locomotion - patterning</td>
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<tr>
<td>F5</td>
<td>Tree Fell Down</td>
<td>Landings/Space/Directionality</td>
</tr>
<tr>
<td>F6</td>
<td>Spare Parts/Freeze Frame</td>
<td>Use of various Body Parts/Stationary</td>
</tr>
<tr>
<td>F7</td>
<td>Halloween HyJynx</td>
<td>Social/Review 3 Basic FMP/Rhythmic</td>
</tr>
<tr>
<td>F8</td>
<td>Throw The Bean Bag</td>
<td>Stationary Balances and Manipulatives</td>
</tr>
<tr>
<td>F9</td>
<td>Stiff Stuff/Spaghetti</td>
<td>Static/Tight Body/Supports</td>
</tr>
<tr>
<td>F10</td>
<td>Old Fashion Rock and Roll</td>
<td>Rotation/P&amp;R/Manipulation</td>
</tr>
<tr>
<td>F11</td>
<td>Jump</td>
<td>Springs &amp; Landings</td>
</tr>
<tr>
<td>F12</td>
<td>Holiday Swing</td>
<td>Swings &amp; Manipulatives</td>
</tr>
<tr>
<td>F13</td>
<td>Christmas Crazies</td>
<td>Performance Practice</td>
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**Winter Themes/Goals are:**

<table>
<thead>
<tr>
<th>W1</th>
<th>Frosty Friends</th>
<th>Social/listening/Statics/Rotations</th>
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<tbody>
<tr>
<td>W2</td>
<td>Sticky Day</td>
<td>Locomotor/Landings/Spring</td>
</tr>
<tr>
<td>W3</td>
<td>On the Spot /Polka Dot</td>
<td>Statics/EAP safety</td>
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<tr>
<td>W4</td>
<td>Topsy Turvy</td>
<td>Inversions (upside down)</td>
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<tr>
<td>W5</td>
<td>Pizza Hands/Keep on Rolling</td>
<td>Rotation, Rhythmic/Manipulation</td>
</tr>
<tr>
<td>W6</td>
<td>At The Hop</td>
<td>Springing/Landings</td>
</tr>
<tr>
<td>W7</td>
<td>I Love Gymnastics/Gym Buddies</td>
<td>Social/Leadership – buddies invited</td>
</tr>
<tr>
<td>W8</td>
<td>Backwards Day</td>
<td>Directionality/Locomotion/Rotation</td>
</tr>
<tr>
<td>W9</td>
<td>Jungle Fever</td>
<td>Locomotion/Swing</td>
</tr>
<tr>
<td>W10</td>
<td>Celebration Ribbon Day</td>
<td>Podium Perform- parents/guests invited</td>
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</tbody>
</table>

**Spring Themes/Goals are:**

<table>
<thead>
<tr>
<th>S1</th>
<th>Spring Things/Boing</th>
<th>Locomotion/Listening/Co-operation</th>
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<tbody>
<tr>
<td>S2</td>
<td>Simon Say’s follow the leader</td>
<td>Locomotion/Spatial</td>
</tr>
<tr>
<td>S3</td>
<td>Big and Little Day</td>
<td>Spatial</td>
</tr>
<tr>
<td>S4</td>
<td>Fitness Shoe</td>
<td>Energy and attitude</td>
</tr>
<tr>
<td>S5</td>
<td>Points and Patches</td>
<td>Balance/Hoop Manipulation</td>
</tr>
<tr>
<td>S6</td>
<td>Bug Day</td>
<td>Combining Fundamentals</td>
</tr>
<tr>
<td>S7</td>
<td>Up Up and Away</td>
<td>Manipulatives, Parachutes, Kites and Height</td>
</tr>
<tr>
<td>S8</td>
<td>Clowning Around</td>
<td>Combining Fundamentals</td>
</tr>
<tr>
<td>S9</td>
<td>It’s Hot Out</td>
<td>Outdoor Gymnastics and playground activities</td>
</tr>
<tr>
<td>S10</td>
<td>TADA</td>
<td>Performance/ showoffs parents/guests invited</td>
</tr>
</tbody>
</table>
Safe, age-appropriate activities and equipment are introduced progressively throughout the year. It is always SAFETY FIRST!

Participants are provided with an environment where they can learn safely. It must be a cooperative effort guided by the coaches, supported by the parents and followed by the young gymnasts. Risk is inherent in sport. We must recognize this and work together to limit the danger but not the fun.

Young gymnasts often do not understand that some areas of the gym space are not safe for them. The program is designed to make them aware of safety for themselves and others with safe procedures and practice taught during the activities.

We spend time on developing the child’s spatial awareness, directionality, and body control. Many at first may not have the physical control to allow them to share a small space.

The gym environment and procedures are established for safe movement and learning. You will often see our coaches setting or checking the equipment for Active Start age groups before and again during the class. You can help by checking too as things can move during use. We teach the children and parents to always check too because things can move during use. It must always be SAFETY FIRST!

There are four main areas of safety we focus on:
1. Safe Equipment and Facility
2. Age-Appropriate Activity
3. Instructor Preparation
4. Class Management

INSURANCE AND LIABILITY: As members of Oros, Whistler Gymnastics Centre each participant becomes members of Gymnastics BC(GBC). Liability and medical insurance are provided to each member. For details please check the GBC website www.gymnastics.bc.ca
When you fill out your registration form you are provided with the SAFETY FIRST GUIDELINES of Gymnastics BC which our club follows and as the parent of a member you sign the waiver acknowledging your support of these procedures and assuming your role in maintaining them.

GBC SAFETY PROCEDURES are followed in our gym. You can see the posters mounted on the wall and included below. Children and parents in the gym must follow these guidelines. Also, the accompanying parent or caregiver must sign an accompaniment waiver to provide liability coverage for those assisting in the gym particularly with Parent and Tot programs.

SUPERVISION BY CERTIFIED COACHES: Safety First requires that there always be properly certified coaching supervising in the gym, that is why you can never go in until a coach is ready and available.

DIRECT coaching supervision is required at areas of higher risk and that is why you are never allowed on the trampoline without a certified tramp coach. Also, our pit, tumble trac, and mini tramp have specific safety procedures requiring direct parental and coaching supervision.
DRESS APPROPRIATELY FOR GYM ACTIVITY; Children should wear T-shirt and shorts or a leotard. Please do not have their legs covered with tights or sweat pants. Bare legs are safer especially when hanging on the bars. Children go barefooted to assure grip and stability. Long hair should be tied back so it doesn’t get tangled in equipment or pulled during activity. No jewelry should be worn. Food and drink are not allowed in the gym. Parent’s accompanying children should dress comfortably for activity. No outdoor shoes. Socks or gym shoes are best. Also please remove extra jewelry or sharp attire because you could scratch you child when assisting them.

AGE-APPROPRIATE ACTIVITIES and EQUIPMENT are provided in the gym. A good policy to follow is that if something is of risky nature try to adjust and follow a safer alternative for young children. Small progressive steps are used as the child develops control, and fitness to build and refine fundamental gymnastic skills. Activities must be suitable to the child’s ability and stage of development. Children should be encouraged to explore at their own limits on appropriate sized equipment and not manipulated through activity by a parent or coach even when just eager to help.

SPOTTING, as it is seen in more advanced gymnastics, is seldom appropriate in an Active Start Gymnastics program. The multi-movement approach suitable for Active Start participants focuses on ensuring that the fundamental movement pattern components of skills are presented using a wide variety of apparatus. Age-appropriate progressions and equipment are used for skill development. When a skill is broken into its movement pattern components, the child can explore and achieve many small steps without recourse to spotting. To do this successfully, the coach must use adjustable equipment and a wide variety of props to guide the participant through the learning process. If a participant is not progressing, the coach can aid development through more lead-up steps or activities rather than manipulating the child through the skill with spotting. Remember that one participant may only need 1 or 2 lead-up activities whereas another may need 9 or 10.

A word of caution however - even though equipment can be modified and each lesson designed so that spotting is not necessary, there are some situations where a spot for safety can prevent an injury in the case of an unexpected fall or poor body position.

ACTIVE START PARTICIPANTS SHOULD ALWAYS BE SPOTTED FOR
1. Inverted hangs (upside down)
2. Mini trampoline and similar springing devises
3. Apparatus that is too high for them (their waist-height is a good limit)
4. Activities rolling over the neck

Advantages of Spotting
- Helps a child get the feeling of a particular body position
- Provides hands-on assistance for children getting on/off equipment
- Give the child a confidence boost during a NEW activity
- Ensures the child’s safety

Disadvantages of Spotting
- Encourages use of equipment that is not age-appropriate
- Encourages coaches to rush the teaching of skills
- Discourages using progressions because the child is manipulated through the skill
- Isolates the coach with one child and prevents him/her from seeing the entire class
- Discourages learning by exploration and discovery
- Creates a false sense of security for the child
- Creates a dependency on the coach for assistance
- Leads to line-ups, which are boring & continuous activity and fun
- Causes discomfort in children who do not want to be touched

HELPFUL HINTS FOR ASSISTANCE
Participants learn about climbing, height sensations and the effect of gravity when they climb up, when they hang onto and when they jump down from a piece of equipment. However, some participants will not have the strength, for example, to jump up and hold themselves on the bars. These participants can be helped up to the bar, by lifting them by the torso or by using a climbing block, and can then learn to release the bar and practice a safe landing when they can no longer hold onto the bar.

Since young children are unpredictable, and the size of the bar is often too large for their hands, inverted (upside down) hangs or swings on the bars must ALWAYS be spotted to prevent falling (head or neck injuries).

When using trestles, ropes and other “climbers”, teach the children how to climb down before climbing up. Place markers or “targets” to control the height they climb. Allow children to explore while you supervise instead of lifting them onto the apparatus or encouraging them to climb to a height beyond their interest or control.

Spotting on (or onto) the beam, trapezoids or other high objects, if needed, should be done with the hands on either side of the torso. To spot a dismount, the spotter should stand in front of the participant with his/her hands on either side of the participant’s center of mass (hip area) to lead the participant to a safe landing on two feet.

If assisting a child who is still unsure to move along a beam, it is better to have the child hold onto the coach or parent instead of the coach or parent holding onto the child. This way, the child is learning to control and is not given a false sense of security. Proper progressions for dismounting and landing need to be taught for forward, sideways (with ¼ turn) and backward dismounts. Backward dismounts above knee height should be avoided with young children. Instead, they should be encouraged to turn on the apparatus and do a forward dismount. Proper landing mats should be used relative to the height of the equipment the participant is dismounting from (knee/hip rule for mats/landing mats).

Rolls should be done down an incline so that spotting is not necessary. Sometimes props, cue words or just a gentle touch will be the reminder needed to tuck the head in on a forward roll. Backward rolls should not be done too early when the child does not have the strength or the coordination to roll smoothly or time the push to take weight of his/her neck. If the participant still has problems with rolls, place your hands on either side of his/her hips and lift the hips and body over the participant’s head to assist. This will help the participant experience the sensation of rotating. Use lots of little progressions for arm strength, rocking and using apparatus to roll from to aid development instead of the manipulative spot.

Tight body or stiff stuff activities may require spotting to encourage the feel of tight core or arm strength. These will lead nicely into early handstand progressions. The wheelbarrow position can be safely spotted with the support coming under the thighs (near the hips) to help keep the back in a straight position.

Mini trampoline requires control and a series of progressions for developing safe appropriate jumps and landings. Encourage only sandwich spotting (2 hands on torso - one on front and 1 on back) on the mini trampoline. Discourage parents (and coaches) from holding on the child’s hand from the side.

Trampoline is not an appropriate development apparatus for children under 3 years of age. We all know however that children love to bounce. Try to use other appropriate springing devices to encourage spring such as jump-o-lenes, mini-thumpers, mini-joggers, and mini-trampolines with handles.

Trampoline use requires supervision by a trained and/or certified coach at all times (including Parent and Toddler use). You need to know how to reduce the bounce on the trampoline and you need to control the target or jump area. Assistance and added caution may be required to get on and off above ground trampolines. When assisting on a trampoline with young children who are unpredictable use the “within arms reach” rule. Parents are not allowed to bounce, with the child. When assisting use a “torso spot” from the side or behind. Sometimes children can hold hands of the sitting parent from the front particularly to encourage the stop bounce (motorcycle position

Summary on Spotting

1. Spotting is seldom appropriate for Active Start participants in a multi-movement gymnastics program.

2. Appropriate teaching styles can be used to keep contact spotting to a minimum.

3. If parent are to spot, they should be taught how and they should practice safe-spotting skills.
PASSTIME PROGRAM INFORMATION

You do NOT need to register for PASSTIME programs.
Classes are open until maximums are reached.
Active Start Parent and Tot Exploration Gym - max 20/coach

You MUST buy a pass for PASSTIME programs and fulfill requirements list below. Passes sold only at Oros, front desk cash, cheque or CC Visa or Master card.

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<tr>
<th>Pass Prices</th>
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<tbody>
<tr>
<td>1 time $12 (guest casual/membership $5)</td>
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<tr>
<td>5 times $50 + membership $15 casual insurance</td>
</tr>
<tr>
<td>10 times $95 + membership $30 annual</td>
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</tbody>
</table>

✓ Unused passes from last can still be used.
✓ New member registration forms and parent accompaniment waivers must be filled out for the 2011-12 season.
✓ New insurance must be paid for the 2011-12 season.
✓ Passes are interchangeable among members. Memberships are not interchangeable.
✓ Passes and memberships are non-refundable. Anyone not following gym guidelines and rules can be removed from the program and no refund is provided.
✓ 1 time/5 time/10 time passes available
✓ 1 time passes MUST also purchase $5 casual insurance.
✓ 5 times pass holders MUST also purchase casual $15 or annual membership/insurance $30 for 2011-12 Casual insurance allows 5 visits.
✓ 10 times pass holders MUST also purchase annual membership/insurance $30 for 2011-12.
✓ For Parent and Tot PT PASSTIME Exploration Gym, Direct supervision is required so one parent/caregiver is required for the supervision of each child. No additional children will be allowed in the gym area.
✓ For Parent and Tot PT PASSTIME Exploration Gym each parent/caregiver must sign the Accompaniment Waiver on your first visit so you are covered under GBC insurance.
✓ Parent/Caregiver Guidelines for PT PASSTIME Exploration Gym - Each parent or caregiver should read the online-Active Start Info Guide or the copy on the lobby desk. You will also be provided with PT guidelines on your first visit.
✓ Daily the coaches will briefly outline Parent and Tot procedures to you but it is best to read the document for full understanding. It is expected that all parents and caregivers will follow guidelines or access can be limited based on repeated warnings. No refunds will be given if it is deemed necessary to limit access for not following guidelines.

Further info@whistlergymnastics.com 604-902-FLIP (3547)
Active Start Parent and Tot Passtime - Exploration Gym

Supervision is the parental (caregiver) responsibility. This is non-instructed gym exploration. It is like taking your children to the playground. The coach is there to supervise the gym for safety and general gymnastic activity use. We are limited to a maximum of 20 participants so make sure you come early so as not to disappoint your child.

The coach is there to assist and provide direction so everything goes safely and smoothly. The coach is not there to instruct or to supervise individual children.

We will use the 3 times and you are out rule for continuous or flagrant lack of parental supervision; disregard for procedures or disruption of the program. Two verbal warnings will be logged. Written notice will follow and then after that program access will denied with no pass refund.

We will immediately remove anyone intentionally endangering children or anyone being rude or disrespectful to other participants or the coaches.

ON ARRIVAL

✓ Dress appropriately for gym participation and safety.
Children: shorts and shirt or leotard, bare feet, long hair tied up, no jewelry, no gum, no food (if cool weather elastic bottom track pants or tights can be worn but take care when on bars)
Parent or Caregiver: comfortable clothing for activity, socks, or indoor gym shoes or bare feet; long hair tied up, no jewelry, no gum, no food

✓ Parents and Caregivers must sign the Companion Waiver for liability protection on their first visit each year.
✓ Be on Time quietly waiting with your child in lounge.
✓ Make sure children visit the washroom before class.
✓ Park in the designated lots not the front 5 minute loop.
✓ Hang up outdoors coats and leave outdoor footwear at the entrance. Bring the rest into gym when admitted.
✓ No admittance to the gym or use of the equipment without proper coach supervision.
✓ Parents may not have other accompanying children.
✓ Additional guests should view from the downstairs lounge.
IN THE GYM
✓ The 3 F’s of Active Start Gymnastics are: Fun, Fitness and Fundamentals. Please encourage these during your exploration.
✓ Children should be encouraged to explore and extend their own limits not be manipulated through activity by their parent.
✓ Safe Age-Appropriate Activity is to be encouraged.
✓ Parents must supervise by being within arms’ length at all times.
✓ Encourage exploration, playing together and sharing equipment such as these DO's and DON'TS

**DO's**
1. One-at-a-time/Taking Turns
2. Keeping Busy/avoid line-ups
3. Playing in Own Space

**DON'TS**
1. Go Over on Equipment while someone is under
2. Pushing/Shoving/Hitting
3. Run into others in the gym

✓ Controlled behaviors are required for safety and enjoyment.
Uncontrolled racing around and yelling must be limited.
✓ Some areas are out-of-bounds for Exploration Gym:
   1. Uneven Bar area
   2. Double Mini
   3. 2nd tramp if another program going on

✓ Apparatus of higher risk requires direct supervision from the coach and is no available until a coach invites you there and remains to supervise directly.
   1. Tramp-see gym poster and AS rules below
   2. Mini Tramp-one at time and must be spotted
   3. Tumble Track-one at time
   4. Pit-see gym poster - one at a time-feet first jumps only-follow directions of coach

✓ Parents should check equipment for hazards as things move during use.
✓ Encourage your child to participate in the Fundamental Movements Skills of Landing, Locomotion, Spring, Swing, Rotation, Stationary Balance, and Objec Manipulation
✓ Follow Coaches directions on Safety First and Gym procedures
✓ Read and follow the additional information on Safety First in the online Active Start Guide [www.whistlergymnastics.com](http://www.whistlergymnastics.com) or read the lobby copy.
Follow the GBC Safety Advisory Posters in the Gym for general use, trampoline, and pit.
Spotting is not the best way to ensure safety and confidence. Follow the recommendations given in the Active Start Guide.
However, Active Start Participants MUST ALWAYS be spotted for:
  a. Inverted hangs
  b. To assist down from height above their waist level
  c. Mini tramp use

ACTIVE START ON TRAMPOLINE

WAIT FOR A COACH
AS DIRECT SUPERVISION IS REQUIRED

• CHILDREN NEED TO WALK ON AND OFF TO THE X

• CHILDREN MUST BE ABLE TO BOUNCE AND STOP ON X TO BE ALONE ON TRAMP (PARENTS SIT AT END TO INSTRUCT)

• PARENTS ARE REQUIRED TO SIT STRADDLE OR KNEEL ON TRAMP & TORSO SPOT FOR THOSE NOT YET ABLE TO STOP

  At 2 Mom or Dad a straddle sit must do
  At 3 “Freeze” and knees please
  At 4 Alone I do much more
  At 5 Bouncing higher I will try

• USE AGE-APPROPRIATE SKILLS

<table>
<thead>
<tr>
<th>AGE</th>
<th>SKILLS</th>
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<tbody>
<tr>
<td>2-4 YEARS</td>
<td>BOUNCING ON X, STOPPING—“KNEES PLEASE” OR “MOTORCYCLE”</td>
</tr>
<tr>
<td>4 YEARS</td>
<td>SPOTTING, SHAPE JUMP-TUCK</td>
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<tr>
<td>5 YEARS</td>
<td>SHAPE JUMP—PIKE</td>
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<tr>
<td></td>
<td>BOUNCE ½ TURN - BEGIN SEAT DROPS—NO BOUNCE</td>
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<td></td>
<td>BOUNCE FULL TURN “AROUND THE WORLD” SEAT DROPS SEAT DROPS AND BACK TO FE</td>
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Birthday Bears – ages 2-6yrs - 1hr gymnastics
(all 2-3 year olds must be accompanied by a participating parent or caregiver)

Parties available: Saturdays 2-5 pm
and some weekdays 11:30 am-12:30pm
☐ Cost for max 6 participants $100 (8 participants if all have parent)
☐ Cost for max 12 participants $140
Booking should be confirmed 2 weeks in advance to ensure coaching staff
CLICK HERE Booking request form

What happens if you wander out in the woods one day and end up to play at a Birthday Bear Party?
5 minutes - orientation at entry with parents
10 minutes gathering games and music-lead by coach-all participants and parents participate together on the floor
35 min apparatus stations: groups of 6-8 each with a coach and the parents go to assigned station for about 7 minutes each. Coach gives brief direction and parent assists child with the activity
  • Koala Bars
  • Grizzly Beam
  • Pooh Bear Mtn on Floor
  • Jumping Care Bears(spring things/pit)
  • Gummy Bears on Tramp
10 min Gathering and Goodbye Birthday Song with Parachute on floor