



Oakville Gymnastics Club

Parent and Tot Program

The Parent and Tot program has been designed to give your child opportunities to develop basic movement skills. Oakville Gymnastics Club provides a safe and controlled environment for your child to have FUN, interact with other children, increase their body/spatial awareness, and develop a sense of mastery.

- Please keep your child with the group at all times. For safety reasons, do not allow your child to wander off into other classes at any time.
- Our coaches are here to help. Your coach will teach you the proper technique and “tricks” for assisting your child through the activities.
- Do not force your child to perform a skill. Our focus is on positive gymnastics experiences. Your child will let you know when they are ready for the next challenge.
- While all children follow similar development patterns, the age at which they reach various developmental milestones varies. Allow your child to participate at their own pace and be sure to offer lots of praise and encouragement as your child learns new skills.
- Please inform your coach if the assigned activities are either too simple or too challenging for your child. The coach will be happy to advise you of modifications that are more suitable for your child.
- During Parent and Tot programs, parents should leave the gymnastics to the children and refrain from going on the equipment.
- Ratios are ONE parent/caregiver per child.
- As parents, you play an important role in facilitating your child’s learning. Parents are encouraged to:
 - Communicate your child’s individual needs to the coach.
 - Encourage your child to interact with other children.
 - Learn other children’s names and use them.
 - Participate in all activities to encourage your child’s participation.
 - Turn cell phones off at the door.
 - Ask questions as necessary.

Thank you for giving us the opportunity to share our love of gymnastics with you and your child. We look forward to a great session!!!