



www.allaroundgymnasticacademy.com

Is your child ready for Tumble Tots?

They need to be able to independently walk in and stay in class.

They need to be able to follow simple directions and participate in class.

Tumble Tots:

Beginners 45 minutes

3 - 5 years old

- More structured ó Children must participate in class independently, follow directions, and stay with the class.
- Obstacle course ó Children will be exposed to the basic skills of gymnastics while rotating in a circular course. The course is broken down to focus on the skill of the week.

When you become an A.A.G.A. Tumble Tot

Children will develop the basic skills of gymnastics with an emphasis on the forward and backward rolls, handstands and cartwheels, walking independently on the balance beams, gymnastics terminology, vaulting and beginner skills on the bars. The children will learn how to safely use all of the gym's equipment (bars, beams, vault, trampoline, tumble track, rings and floor equipment) and gym safety rules, while building up self-confidence and making new friends.

It is important that your child gets the most out of our program safety!

In order for this to happen we ask that your child comes prepared for class.

- Please have the child go to the bathroom before class.
- Leotard or Tee-Shirt and Gym Shorts (no buttons, zippers, or socks)

In addition:

- The child needs to be able to go into and stay in class on their own.
- The child needs to sit and listen to directions.
- The child must follow directions (around the obstacle course).
- The child must keep hands to self.

For Safety:

We ask that you do not speak to your children through the windows or over the balcony. This distracts your child and/or the class. Please remember they are walking on a 4ö wide beam off the floor, hanging or going upside down on a single bar, tumbling on the floor, or jumping on the trampoline.

If your child becomes a distraction, for safety purposes, he or she will be asked to go see their guardian.

With the help of you and the coach, your child will have a lot of fun and a successful year!

Thank you for helping! A.A.G.A. Preschool Staff