

Dear Students and Parents,

Welcome to our gymnastics, tumbling and cheer program! Our goal is to foster youth development through positive interaction and role modeling, instilling self-esteem, confidence, self-discipline, and social skills. Gymnastics and tumbling must be taken seriously, even in a recreational program, for safety's sake. We enforce strict behavior rules, and expect all students to comply.

Here is what you can expect. Our beginning level classes are designed to give students and introduction to our class structure and basic skills necessary for tumbling, cheer and gymnastics. During each class session students will develop skills appropriate for their ages and level. Each level of instruction builds on skills learned in previous levels. At higher levels students will develop complex motor skills and refine their techniques, as well as increase their strength and mental focus. It is not uncommon to spend several sessions at any given level before progressing to the next level. Our qualified instructors will recommend the appropriate level for your child. We do not participate in cheer or gymnastics competitions; however we do offer performance opportunities, including a performing company for intermediate through advanced students.

To help us keep classes running smoothly and safely, please observe the following rules:

Visitation: Parents are invited to observe the first and last class of each session and the first class of each month. On visitation day, please plan on giving your full attention to your child, but please leave the coaching and spotting to your child's instructor! We ask that you please leave small children at home, as they may disrupt class. ***Only the students registered for the class may participate with the class.***

Attendance: Please be on time! Because warm-ups are essential to student's safety and they are done at the beginning of class. As a safety procedure, children arriving after warm-ups (10-15 minutes late) may be asked to observe class and not participate.

Going To and From Class: Children must be "signed in" and "signed out" of class by a responsible adult. Please accompany your child to and from their classroom and sign them in/out on the sign-in/out sheet posted near the door. Children will not be permitted to leave the classroom without a responsible adult.

Attire: It is the parent's and student's responsibility that the student be properly dressed and prepared for class when he or she arrives.

- For girls this includes: Leotard or shirt and shorts or sweat pants. Because tights are slippery and pose a safety hazard, only stirrup tights or tights without feet will be allowed. Hair must be put up in a way that does not interfere with the student's performance.

- Tennis shoes may be worn in cheer classes but are not appropriate for gymnastics and tumbling classes.
- For boys this includes: shirt and gym shorts or sweat pants.

Note: For health reasons, please ensure your children wash their hands before and after class. Please do not send a child with any contagious conditions to a class or activity. (Bad cold, lice, skin disorder, etc.) In addition, all wounds on participants should be covered with fresh bandages when participating, and please, no sharing of towels, clothing etc. among program participants. Please call the center where your child is a participant to report your child's absence.

Behavior: For our beginning level students, socialization is as much a part of the experience as learning new skills. Students will be learning how to conduct themselves in a class setting. These skills are critical in order to facilitate a smooth-running and safe environment for all students. To reduce disruptions, please attend to your child's toileting needs before class begins.

Equipment: No one is ever allowed on any equipment, including mats, without the instructor's presence and permission. **No exceptions!**

Food or Drink: Absolutely no food, chewing gum, candy or drinks are allowed in the Gym or Tumbling classroom. You may bring water in a spill-proof container.

We welcome your feedback. Please let your instructor know how we can help to make this an enjoyable and successful recreation experience for your child. If at any time you have questions, comments or concerns, please direct them to your instructor or the gymnastic, tumbling and cheer supervisor at (619) 441-1516. Also, please make the program supervisor or your instructor aware of any special needs or challenges your child has that may affect his or her performance or behavior in class prior to the first class meeting.

By participating in the City of El Cajon Recreation Programs you are helping your child to reach for their potential. As you may discover your child will benefit in so many ways, not only by gaining physical skills, but also by strengthening their personal and social skills. We look forward to helping create positive memories that last a lifetime!

Sincerely,

YOUR GYMNASTICS, TUMBLING and CHEER INSTRUCTORS