



WELCOME TO CLASS!!

Junior Academy (18mos.-5yrs)

♥ Everything you need to know for your first day ♥



WHEN YOU ARRIVE?



Enter directly into the main gym lobby.



Children enter through the small gate directly into our Junior Academy area.



Parent Participation Class: Monkey Class 1 Adult enters as well with child, and stays for class.



Place all shoes & water bottle into a cubby.



Wait for coach on the benches to be called out onto the main floor.

We build more than skills — we build **AMAZING KIDS!**



WHAT TO WEAR & GYM RULES



Comfortable clothing suitable for jumping, turning upside down & working out. Athletic attire or Leotards.



Monkey Class 1 adult participate: Barefoot or socks during class.



Hair Policy: All hair must be securely tied back completely off the face and off of the shoulders.



Bare feet: All children must have bare feet while on the gym floor for safety or socks with grips on the bottom.



Bring a Water bottle with a secure lid and easy opening for your child with their name on it.



No Gum & No jewelry: Please remove all jewelry and dispose of gum before entering the floor.



WHAT HAPPENS IN THE CLASS?



Every class is 50 mins long.



8-10 minute Warm up/Attendance



3-Gymnastics Obstacle Circuits



At the end 5-8 Minutes of : Explore & Play in Tree House Ball pit area, Rockwall foam pit area or Coaches will set up a Game/Activity. (varies by week and how much time we have available in class)



Monkey Class 1 Adult Participant:

Will follow along the child with the coaches explanations and help your child on the skills. The Coach will have a spotting area to assist the child with a specific skill in that circuit.

★ **1 PARENT NEEDS TO BE IN GYM AT ALL TIMES** ★



PARENT PARTICIPATION CLASS



Monkey Class 1 Adult enters as well with child, and stays for class.



JUNIOR ACADEMY IN ACTION!



Small steps... **BiG dreams!**



BUILD CONFIDENCE



BUILD STRENGTH



LEARN NEW SKILLS



MAKE FRIENDS



HAVE FUN!



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