



# NYC GYM KIDS - 2009 GYMNASTICS GUIDELINES



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## **BABY GYMNASTICS GUIDELINES (8 - 36 months)**

**Please know that these guidelines are intended to help your child get the most out of their experience at GYM KIDS.**

- Only those children registered for class may participate in class. Siblings and friends are not covered under insurance and must remain on the couches provided. **NO EXCEPTIONS.**
- If we can accommodate a necessary class switch, we will - **ONE TIME ONLY.**
- Each child must be accompanied by an adult caregiver.
- Adult caregivers must be prepared and able to play and participate. Enthusiasm is contagious. You are your child's first teacher and they will take their cues from you. Let's have FUN!
- Please arrive 5 minutes prior to class start time.
- As this class involves physical activity, babies and, at times, height, we ask that the child you are with receive your full attention. We teach real gymnastics and will be teaching you how to properly spot your child through each skill, therefore...
  
- We ask that you stay within an arms reach of your child at all times.
- Please save involved conversations with the other adults in class for before and after class.
- **NO CELL PHONES**, please.
- Please wear comfortable, movable clothes. No skirts or dresses - no jeans with zippers. Skirts and dresses on adults are not advised, as we sit on the floor in an open butterfly position each day. Babies will be barefoot, adults will remove their shoes - please wear clean socks.
- Absolutely no street shoes are allowed on the equipment at any time.
- No food is allowed in the gym area. Please snack before or after class. Sippie cups are okay, but must stay by the couches, and never on the gymnastics floor.
- These classes take place within the bounds of an exclusive health club. We are not permitted to congregate in the hallways after class.
- Please be sure to read the make up policy through at the beginning of each session. Your child's safety is always our first concern.