

DC Gymnastics School

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At Hillsborough Cinema, 3 Jill Court - Building 15 Unit 25, Hillsborough, NJ 08844

PRESCHOOL CLASS RULES & INFORMATION

Welcome to DC Gymnastics! We are very excited to start another season and we look forward to teaching and working with your children. We believe that “gymnastics is fun and fitness is a lifestyle.” Our preschool gymnastics programs are designed for children ages 2-4 years old and focus on basic gymnastics training, flexibility, strength, balance, coordination and body mechanics.

Safety and gym rules are a very important part of your child’s gymnastics experience. We strive to teach your children gymnastics in a fun and safe environment. Our preschool program is designed to get your children moving and help them reach developmental milestones. Preschoolers must be independent enough to attend classes without their parents and must be able to listen and follow their teacher’s instructions. All parents and students must adhere to the following rules:

Discipline:

Preschoolers must be able to follow directions and stay with their classes at all times! Time-outs are not given at this age, instead children will be brought to their parents and not permitted back in class if:

1. They are misbehaving
2. They are not listening/following directions
3. They are running off/won’t stay with their class

Your child’s safety is our number one priority. An instructor may grab your child’s hand and/or speak with them in a firm voice if they do something unsafe – the gym is very busy and older gymnasts working on advanced skills could seriously injure small children. *Preschoolers will be given 1 month/ 4 classes to fully participate in class, if they are unable they will not be allowed to continue.*

Proper Attire:

1. All students must go barefoot to class - for safety reasons no one is allowed to wear socks in the gym
2. All students must have their hair tied away from their face and no jewelry or earrings

Before & During Class:

1. Please arrive 5 minutes early for class. All children should wait in the waiting area prior to class. Your child’s teacher will come into the waiting area and bring them onto the floor with their classmates.
2. Take your child to the bathroom before class. Preschoolers are not allowed to leave the floor and go to the bathroom on their own, unless it is an emergency. If they need to use the bathroom during class they can do so during water breaks.
3. Preschoolers should not be on the floor or equipment without a teacher present.
4. Parents and siblings must stay in the waiting area or in the party room. Parents and siblings are not allowed inside the gym or on the gym floor for any reason!
5. Please keep all brothers and sisters out of the gym area and off of equipment.

Make-up class policy:

Each student gets 5 make-up classes per year. To schedule a make-up, you must do so with the office at least 24 hours in advance.

We hope you have a great year! Please let me know if you have any questions or concerns.

Jen Vallorosi
Preschool Gymnastics Director, DC Gymnastics School