

WHAT TO EXPECT ON YOUR FIRST DAY OF GYMNASTICS....

PARENTED CLASSES: 2-3 YEAR OLDS

WHAT TO WEAR/BRING:

- Comfortable clothing, suitable for running, jumping and turning upside down.
- Socks with grip on the bottom.
- Water bottle that your child will take into class.

WHEN YOU FIRST ARRIVE:

- Enter the main entrance at Oakleigh Recreation Centre, [2A Park Road, Oakleigh](#).
- Go past the Monash customer service desk, turn right towards the Waverley Gymnastics sign.
- Our friendly member experience team will welcome you, answer any questions and help get you started.
- You will receive a welcome pack, including a complimentary WGC shorts and T-shirt set, which your child can change into if you prefer or they can wear to their next class.
- Shoe and other belongings can be placed in the changerooms. This is a good time to check if your child needs to use the bathroom!
- Please wait with your child at the gym entrance for your class to start.
- Once a coach has invited you in, make your way with your child to a green waiting spot for the warm-up fun to commence.

WHAT HAPPENS IN CLASS:

- You will be fully involved in the class, assisting your child and learning alongside them. The more engaged you are, the more your child will thrive!
- We warm up as one, then each coach will lead their class to commence the activities.
- You and your child will remain with your coach for the remainder of the session.
- Our program is structured so you get the most out of your session. Lots and lots of fun in store, but no free play.
- Six circuits are covered over a fortnight, involving floor, beam, bars, trampoline, tumble track and foam pit. We also include age-appropriate games and activities to encourage early group work, focus and co-operation.
- Our lesson plans change each fortnight, so every session looks new and exciting.
- Your coach will explain the activities, then offer assistance and encouragement as your child works on their skills with you as their primary support.
- We spend 15 min on one circuit of activities before moving as a group to the next.
- If your little one is ready to accept our direct help, we can do so by 'spotting', where we physically assist your child to learn skills. At this age, they often prefer your help under our instruction! Click [here](#) for more information about spotting.
- Memories are being made, and we understand you may wish to capture a quick photo of your child in action. Apart from this, we do respectfully ask that you refrain from using your phone during class.
- Classes conclude with a cool-down activity and big smiles!
- Your coach will accompany the class as we move out of the gym and is available for 5 minutes after the end of class if you wish to chat about your child's progress

