

Parent Participation Class

Guidelines



Welcome to Family Fun Play, a parent participation class at Performance Athletics Gymnastics! We want your Family Fun Play experience to be safe, fun, and educational. Please review the following guidelines to help us make sure everyone has a positive experience.

- ☺ **This is an ACTIVE** participation class. Please dress accordingly and be ready to bend, wiggle, sit, stand, and lift your child (don't forget to empty those pockets!).
- ☺ **Your child** deserves your undivided attention. Please demonstrate respect for the instructor by keeping your attention on your child. We love seeing parents chat, network, and share ideas before and after class.
- ☺ **Model** appropriate behaviors for your child. Help your child to follow the teacher's instructions to the best of his or her ability. If your child gets distracted and wanders - a very normal child behavior - please guide him or her back to the class.
- ☺ **This is an opportunity** for you and your child to play and explore together. If they want to work on a skill that requires the direct supervision of a coach, please ask about enrolling in classes.
- ☺ **If YOU** want to do skills, please ask about our Adult classes.

Parent Participation class is a special time for you and your child to be together having fun, being active, and creating wonderful memories! Enjoy yourselves and come prepared to HAVE FUN!

