

Granite City

Sept 12th – Nov 19th

WELCOME TO PRE-K GYMNASTICS



Hello parents, and welcome to preschool gymnastics! We are excited to begin the spring session with you and your child. As coaches of the preschool program, we are hoping to:

1. Organize and participate in basic gymnastics activities with your child on beam, floor, bars, and other apparatuses.
2. Observe and monitor your child's gymnastics abilities and work to improve it.

The Granite City Gymnastics (GCG) Pre-K staff will be working to introduce basic gymnastics fundamentals and gymnastics terminology to your child throughout the 10-week session.

We will focus on improving your child's balance and coordination, strength, and flexibility on all events. Along with improving your child's gymnastics abilities, we hope to teach them basic listening and turn-taking skills, as well as following a 1-4 step instruction. The Pre-K staff will continue to encourage positive reinforcement and redirection in the class to ensure safety throughout.

If your child appears to be acting out consistently, making it difficult for others to actively participate, and safety becomes an issue, we may ask them to go “**take a break**”. A “take a break” will consist of sitting with a guardian until they are ready to return to the class and be safe. We will use verbal praise when your child is behaving appropriately and give reminders to follow the gym rules.

Your child is expected to remain in the gym area for the duration of the class, with the exception of a bathroom or water break as needed.

Parents

Watching and supporting your child for their accomplishments is great. The Pre-K staff **kindly** asks that you refrain from verbal communication with your child during class, so that they can focus on the teachers' instructions.

***Leotards, no jewelry, and hair pulled back is preferred.**

BIWEEKLY THEMES

1-2: Welcome and Safety
3-4: Have a “Ball” with Balance
5-6: Rock-N-Roll
7-8: Forwards-Backwards Sideways
(Testing Week)
9-10: Obstacle Course



Meet the Preschool Staff

Coach Alicia
Coach Tori
Coach Paige
Coordinator/Coach Megan

* For questions or concerns, please contact the coach of your child's session.