



Parented Class Information

Our Preschool (Active Start) program is designed for children under the age of 6. With our fun Themes that change around every 2 weeks, Altadore's Preschool program is a FUN introduction to a structured gymnastics class that involves basic movement skills for children who are walking independently. All classes are taught by NCCP Certified Coaches.

- **Stay Engaged and Active:**
Your participation helps guide your child through the activities and keeps them focused. Be ready to demonstrate, encourage, and support them as they explore new movements.
- **Model Positive Behavior:**
Show enthusiasm and patience during class. Toddlers often mimic their parents' attitudes, so staying upbeat can help them stay engaged.
- **Encourage, Don't Force:**
Some toddlers may hesitate to try new things. Offer encouragement and celebrate small successes without pushing them beyond their comfort zone.
- **Promote Independence Gradually:**
Let your child try things on their own where appropriate, but always stay nearby to assist if needed. This helps build their confidence and skills.
- **Set a Positive Example for Sharing:**
Encourage turn-taking and sharing equipment. Show your child how to wait patiently and celebrate when they do the same.
- **Safety First:**
Keep an eye on your child and guide them to use equipment as demonstrated by the coach. Avoid allowing them to run around unsupervised or use equipment in unintended ways.
- **Dress for Success:**
Make sure both you and your child are dressed in comfortable, stretchy clothing and that your child is barefoot to ensure a safe grip on equipment.
- **Redirect as Needed:**
If your child becomes distracted or upset, gently guide them back to the activity or offer a brief break if needed.
- **Limit Distractions:**
Avoid using phones or chatting with other parents during class. Your active participation helps your child stay engaged.
- **Be Patient:**
Toddler classes are about exploration and development, not mastery. It's normal for children to have ups and downs in participation and focus.
- **Ask Questions if Needed:**
If you're ever unsure about your role or an activity, don't hesitate to ask the coach for clarification.