



## Fit Kids

### Pre-Beginner & Fun-In-The-Gym

#### Fun In The Gym

The Fun-In-The-Gym class is for 2-3 year olds. This is a developmental class which addresses gross motor skills using the pre-school gymnastics equipment. A PARENT MUST PARTICIPATE WITH THEIR CHILD. This is necessary to ensure safety and to keep your child on task when the coach is not working with them. Please be sure you are with your child and not just standing off to the side. We ask that only one parent participate. If you have other children they will need to sit in the lobby.

#### Pre-Beginner

The Pre-Beginner class is for 4-5 year olds. This is a developmental class with an introduction of basic gymnastics skills on the vault, bars, beam, and floor exercise. The participants do not need a parent to be with them, unless they are extremely apprehensive the first few times. WE NEED FOR PARENTS TO WATCH FROM THE LOBBY.

**\*\*ALL PARENTS THAT ARE IN THE GYM WITH THEIR CHILD WILL NEED TO SIGN A RELEASE FORM. FOR THE SAFETY OF ALL THE PARTICIPANTS, WE ONLY NEED THOSE PARENTS WITH 2-3 YEAR OLDS IN THE GYM!**