



# Introduction to Gymnastics

## *Information for Parents*

Here are a few points to help your child get the most benefit from this program:

- Please bring a **water bottle** with your child's name on it. If it gets left behind, it will be placed at the Front desk in our "Lost and Found".
- We ask your child to participate in **bare feet**. Wearing socks increases the risk of slipping.
- The room is set up 15 minutes before class. Your child is very welcome to **come early** and enjoy running around and playing with the balls. As we set up class, we ask that you are **responsible to supervise your child**.
- Please remember to take your child for a **bathroom break** before class. There is a bathroom stall located in the lobby to the side of the studio.
- Please give your child a **light snack or lunch** before class. Please note that food or drink, (other than water in a sealed container) is not permitted in the studio. This applies to spectators also, **hot drinks are not permitted** in the studio. These can be consumed in the lobby area and you can view the class through the window. Please do not bring any **nut products** into the studio.
- We follow a standard routine each class which involves a fun warm up game. Please try to **be here at class start time** so your child will have a chance to participate, learn leadership and move into our stretches with warm muscles. If you are running late, your child is still welcome to attend.
- Children can **wear anything that allows them to move**. Because we will be upside down at times, please **avoid loose, baggy t shirts** that may slide up and cover the face. The room can be chilly before the children are warmed up so layers are recommended.
- In case of **cancellation**, the Stadium will make every effort to contact you in advance. Please ensure that we have your current phone number on your file at the front desk. In the event of a storm cancellation, please contact The Stadium front desk at 902-869-4141 \*0, one hour before class time for an update. **Updates may also be posted to our Facebook page**. The Stadium attempts to make decisions on storm cancellations as early as possible.
- To get the most out of this program, your child should be able to **listen, focus and follow**. For many children, this is their first class experience. They may have problems with shyness or attention span. Sometimes, children benefit from their parents being out of the room. Your child is an individual and we are happy to help you to help

him/her transition into learning and following. **Our instructors may look to parents for assistance/guidance in this process.**

- **Parents are required to stay in the building**, either in the food court or near the Studio for the program duration. Sometimes bumps happen and your **hugs may be needed**.
- We share mats in gymnastics. If your child has cuts or warts on their hands or feet, please cover them with band-aids. The Front Desk can supply these if you do not have any with you.
- Please check your registration receipt for confirmation of **class dates and any upcoming holiday cancellations**.
- In the event of an unplanned cancellation, a **make-up class** will be added at a later date.
- Please review our withdrawal/refund policy carefully:

**REFUND POLICY**: HRM is committed to the satisfaction of all participants in our recreation programs.

If the customer is not satisfied with the program, or has to withdraw for any reason, a refund will be issued, pro-rated from the date of notification. Some exceptions Apply: Summer Camps, March Break Camp, and Birthday Parties require 2 weeks' notice to receive a refund. For evaluated programs or instructional programs, ie: swimming, pro-rated classes will only be allowed within the first three classes.

Refunds must be processed by the Recreation Centre responsible for the program. If fees were paid by credit card, a refund will appear on your credit card statement. If paid by cash, cheque or debit card, a refund cheque will be mailed to the customer within two to four weeks.

- Please see our website or brochure for full details on our program policies.

Please contact the **Program Coordinator, Sally Martin**, with any question or concerns regarding this program. 902-869-4141 \* 336 or email [martinsal@halifax.ca](mailto:martinsal@halifax.ca)