

Class Expectations

What to Expect on Your First Day.

Thank you for registering for classes at Elite Gymnastics Academy (EGA)!

Please see below to know what to expect on your very first day at EGA.

1. Please **arrive 5-10 minutes prior** to your class time, or earlier if you need to purchase apparel.
2. **All parents must keep an eye on their children** before class begins and on their child's non-participating siblings during and/or between classes. Siblings are not allowed inside the Main/Tots Gym during your child's class.
3. **All parents must come in with their child on the first day** of class to ensure EGA has received the online policy agreement and any balances are reconciled before class begins.
4. **Please use the cubbies inside the gym for your gymnast/ninja to store his/her belongings.** Your child can wait for the class to start on the appropriate line (main gym) and behind the cubbies (tots gym).
5. **Remind your child to go to the restroom before class begins.** If they do need to use the restroom during class, make sure they know to ask their teacher's permission so they don't just leave the group mid-class.
6. **Every adult and child going into the gym must have an up-to-date signed policy agreement (waiver) on file with EGA.** If another adult attends class, other than the one who originally registered the student, they must go to the front desk to be added to the online policy agreement. If a sibling is brought out on the floor, that child's name must be entered onto your account and online policy agreement as well.
7. **Please, do not compare your child to other children in class.** All kids learn in different ways and at different paces even though they may be the same age and in the same class. Our instructors are trained to teach various levels, even in the same class. Remember, some of these students have had previous instruction, and may be comfortable with our facility and the way classes are run. You might be surprised by what your child learns from simply watching his/her fellow students.
8. **If you feel your child needs more help,** consider a 2nd class, private lesson, or ask the instructor for pointers on how your child can improve his/her skills.

SEE SPECIFIC CLASS INFORMATION BELOW

Class Expectations

Preschool Gymnastics Classes

18 months – 4 years

You're about to start a journey with your child that will bring you together to celebrate fitness and gymnastics. The sport of gymnastics is the basis of all other sports and will later help them in sports such as soccer, football, basketball, hockey, dance, wrestling, volleyball, etc. Our goal at EGA is to provide you with an avenue you can use to become closer to your child.

Classes *18 months-3 years* are designed in a fashion where YOU get 45-minutes of uninterrupted QUALITY time to spend out on the floor with your son/daughter. Think about it – you don't get to join them on the soccer field, basketball court, school – You do that at EGA. Make the most of every special moment. Lots of praise and hugs should be the mainstay here in class.

Our philosophy is to teach gymnastics, keep your child safe, have fun, and enhance his/her self-esteem. Below are some policies that will help make this experience as comfortable as possible for both you and your child(ren).

1. **If your child wanders off to do their own thing during class, don't be upset with them.** Encourage them to come back to the group. If your child starts doing another activity that you know is something they have done in class before, let them do it and help them. This is a child-directed class – Look for the 'teachable moment'. Once they 'do their own thing', they may look over at the group and think what they're doing looks like fun, and will hopefully re-join class.
2. **There are many benefits to attending class like this for both you and your child.** This is a place where many friendships are created. We strongly encourage you to talk to other parents before and after class, because it's difficult for other parents to hear the instructor if you're talking during class. Ask other parents if they would like to go out to lunch with you or arrange a play-date. Use this special opportunity to meet new people and create new friendships for you and your child... It takes a village!
3. **We encourage parents to watch class if the student is 4 or under.**
4. **Remember to have your child(ren) in the appropriate attire every week.** Girls should have hair in a ponytail and pulled off the face if it is long. Leotards for girls are comfortable, stretchy clothes for boys should be worn. We require this specific attire for your child's safety.
5. **Always feel free to communicate/ask your instructor questions about progress and/behavior during class.** If you are not comfortable or cannot catch them before/after class, you can contact the Office Manager or fill out the 'Coach Communication Form' located on the lobby wall.

Class Expectations

Gymnastics/Trampoline & Tumbling Classes

5 years & Up

1. **Benefits from gymnastics** are not only flexibility, strength, and coordination, but also an increase in listening skills, obedience, self-confidence, and an overall better self-image.
2. **For maximum safety please have your child dress appropriately.**
 - a. Girls – Keep hair tied back from face and no jewelry. All girls should have a leotard.
 - b. Boys – T-shirt tucked into cotton shorts.
3. **We have many teachers, and although all of them are trained with the same materials, they have their own style of teaching.** It's imperative that each child truly understands how to do each skill before they do it independently. You've heard of the concept of doing the sports movement in your head over and over again until it becomes routine – This is the same. They need to do the skill in their head or see the skill performed to understand what they are asking their body to do. If you see groups sitting down listening to their instructor, they are working on incorporating all three learning modalities – Auditory, Visual, and Kinesthetic. Examples of each could be listening to the instructor, watching a demonstration of the skill, and then attempting the skill with an instructor spotting.
4. **If you think your child needs more help, consider a second class (\$30 discount) or private lesson.** Sometimes just a few minutes of individual attention will reap a much larger reward and your child might be eligible to move-up to the next level.
5. **Most parents stay and watch class, but it is not mandatory.** We like parents to stay, because you are your child's biggest fan and they love to know you care. Children seek and need your approval. After watching class, compliment them on what you have seen. Do not shout suggestions from behind the cubbies, but allow us to make corrections as we see fit. If there is a discipline problem, the instructor may ask your child to sit down for a moment, but this is a last resort.
6. **Do not compare your child to others.** There may be students who have been in this level for some time, but are not quite ready to move to the next level. Our instructors are used to working with kids of different advancements in each level and we strive to give each child equal attention.
7. **Remind your child to listen to his/her instructor.** Sometimes the gym can be noisy and they have to pay attention to what is happening in class. They will take turns and learn independently at 'stations'. It is important they do not leave class other than to go to the bathroom (*let them know they need to ask their instructor to leave class for any reason*).

Class Expectations

Ninja Classes

3-11 years

1. **Benefits from our Ninja Zone Program** include not only strength, agility, and skill, but also confidence, discipline, being part of a group, impulse control, & more.
2. **For maximum safety and to build group unity, all Ninjas are required to be in uniform during the full duration of class.**
 - a. Uniforms are available for purchase in our Proshop, but we encourage purchasing the uniform through the Ninja Zone Store. You will receive a link to purchase the uniform online following your very first registration.
 - b. The uniform consists of a Ninja Zone T-shirt & Headband, and cotton shorts (you can choose whatever stretchy shorts you would like).
3. **We have many Ninja Trainers, and although they are trained with the same materials, they each have their own training style.**
4. **All Ninjas must start in the Lil Ninjas or Ninja White Level.**
5. **If your child needs some extra help, consider a second class (\$30 discount).**

Practice makes progress!
6. **Most parents stay to watch, but it is not mandatory.** We like parents to stay, you are your Ninja's biggest fan and they love to know you care. Ninjas seek and need your approval. After watching class, be sure to compliment them on what you have seen. Please refrain from shouting suggestions from behind the cubbies – This can be embarrassing to your Ninja, please allow us to make corrections as we see fit. If there is a discipline problem, the Trainer may ask your Ninja to sit down for a moment, but this is a last resort.
7. **Don't compare your Ninja to others.** There may be Ninjas who have been in the same level for a bit longer, but are not quite ready to progress to the next level. Our Ninja Trainers are used to working with Ninjas of different advancements in each level and we strive to give each Ninja equal attention.
8. **Remind your Ninja to listen to their Trainer.** Sometimes the gym can be noisy and they are expected to pay attention to what is happening in their class. They will take turns and learn to work independently at stations/obstacles. Remind them they to speak with their Trainer if they need to leave class to use the restroom.
9. **Your Ninja will be invited to a Ninja Mission when he/she is ready to move to the next level.** Ninja Missions are invitational only, and you will receive that invitation during Recommendation Week from your Trainer if your Ninja is ready to progress to the next level. We highly encourage you to register for the Mission date as it is an opportune time for your Ninja to proudly showcase his/her newly perfected skills and take-part in the Ceremony where they receive their new color headband signifying the new level they are moving to.