



PlayWisely® Guidelines

Welcome to PlayWisely®! You have made an excellent choice in the early development of your child. Please read the following guidelines for the PlayWisely® program. These guidelines are for the safety of your child and other children in the gym as well as for assuring that your child receives an optimal developmental learning experience.

- ❖ We recommend that only 1 parent assist in the class with your child. Please do not bring siblings to the class. They may sit in the bleachers or consider enrolling him/her in a class at the same time! We do encourage special visits from grandma and grandpa.
- ❖ Wear loose fitting comfortable clothing (onsies, T-shirts and shorts or a leotard are recommended). We prefer bare feet and legs to assist in climbing and balancing. Also, be sure hair is kept out of your child's face.
- ❖ Please bring a sippy cup for your child so they can stay hydrated. We encourage your child to sit and drink when we start the 2nd set of cards!
- ❖ Do not go onto the floor or equipment before class begins. Keep your child with you at all times. Please wait in the designated area if you arrive early.
- ❖ When class begins, place your child securely in your lap for the card portion. Once the physical activities begin, hold your child's hand or carry your child while moving around the gym. Do not allow your child to wander off.
- ❖ If your child becomes uncooperative during the card portion of class, please remove your child from that area. You can hold your child behind the mat wall and try to redirect their attention in this way.
- ❖ Some children prefer to observe the first class or two. This is perfectly normal and allows your child to become acclimated to their new surroundings. Remember your child is still learning even when only observing.
- ❖ Do not allow your child to walk around holding any kind of object, including sippy cups or toys.
- ❖ Use positive statements when your child follows directions. Always encourage positive behavior!
- ❖ Your child does not have to participate in everything we do, but your child must stay with you!

- ❖ Parents are NOT allowed to jump on the trampoline! NEVER jump with your child! Young children have an extended leg reflex that can cause injury if a child is bounced too high.
- ❖ Encourage your child to follow the circuit around the floor! You do not have to do everything in the circuit if the child does not want to. Simply move onto the next activity.
- ❖ Never let your child hang by him/herself and never let your child walk on the beam unassisted!
- ❖ If you feel your child has been injured in any way, please inform your coach immediately!
- ❖ PlayWisely® is a focused developmental curriculum. While most children adapt to the class structure after a few weeks, the program does not match every child's temperament. Please consult your coach if you have any questions or concerns.
- ❖ In the event that a coach is sick and cannot make class that week a substitute will try to be found. If a substitute cannot be found a make-up class will be offered.
- ❖ If your child is sick or has had fever in the last 24 hours please keep them at home.
- ❖ Around the age of 3 (give or take a few months) and after all skills are mastered your child will be promoted and receive a graduation certificate!
- ❖ Following these guidelines will create a safe, secure environment for optimal learning and movement development. We are thrilled to have you join us. Now, let's PlayWisely®!