
Welcome to the El Estero Park Center's Parent Participation Gymnastics Class

We are excited to be offering this parent participation class for you and your little one! Each week we will explore movement in circle time, with songs and activities, and through a gymnastics obstacle course.

Our philosophy in teaching this class is based on a few principles:

- Children are experiential learners. As they interact with their environment, receive information through their many senses, and process their sensory experience, brain development occurs, learning takes place, and self-esteem is nurtured.
- Children are also relational learners. I encourage interactive participation with your child, rather than simply leading them through the activities. You are one of the most important models for your child. Let this undivided time become a rich opportunity to deepen the playful connecting between you.
- The benefits of gymnastics are many. It fosters physical development, promotes a sense of self, engages the vestibular system, and nurtures the strengthening of neural networks in the brain – all which support future academic learning – not to mention the fun and excitement of learning to tumble.
- Honor where your child is at and give earnest positive feedback. I am more interested in them discovering what is possible and to be creative rather than to be vigilant about technique. Safety first of course – while marveling at your child's physical expressiveness.



Rules & Policies

Make-ups are only offered if the class is canceled by the instructor.

Siblings are not allowed to participate – one student per parent ratio.

Dress comfortably – parents please wear socks during class.

I prefer children to go barefoot to avoid slipping on the cement floor.

If their hair is long, please pull it back in a ponytail or use clips to keep it out of their face.

We are excited to be part of your child's fitness development. Your satisfaction is important to us and we are always available to discuss any questions or concerns you might have.

Feel free to call us at (831) 646-3873.