



Parent Information Sheet

August, 2009

Welcome and thank you for choosing My Playground as one of your (or your child's) activities this season! We believe that physical activity is critical to a healthy and enjoyable life. Young children learn best through fun and play. Older children and adults learn best through excellent instruction and successful mastery of physical movement. We want you and your child to experience your bodies as strong and capable. We are committed to your enjoyment, satisfaction and we value your feedback. Please let us know how we can better serve you and your child.

The following information sheet is designed to answer the most common questions and help you take advantage of all we have to offer. Please arrive 5 minutes prior to class in order to give you and your child time to settle in, remove shoes & socks and get ready for play or gymnastics!

Class Plan: What are we going to do?

First Moves (1y) Parent or Caregiver Participation Required*: 45-min class. Your child will have opportunities to roll, run, jump, toss, catch, climb, spin, laugh, giggle, hide, seek, sing, pretend, walk, dance, tumble, tickle, bounce, kick, crawl, creep, slide and stretch! Unstructured and Structured Activities: We have several activity stations for your child to explore, including soft play equipment, large and small balls, scarves, a parachute, obstacle course, tunnels, a ball pit, bins to fill and empty and plenty of room to run with a great big mirror! Your child will have opportunities to participate in group activities like singing, running, dancing, and pretending as well as exploring the activity stations. You and your child will be able to choose what you want to do and for the most part, when you want to do it. Structure is introduced as part of listening, learning to share, learning to take turns and giving others space to play. The class is designed to be as stress-free as possible. You and your child set the pace for the amount of structure you want to incorporate.

Little Leapers (2y) Parent or Caregiver Participation Required*: 45-min class. In addition to the above, your child will be introduced to rings, trapeze, rock wall, climbing ladder, bar and our 20' x 9' air trampoline with plenty of opportunities to practice their newly acquired jumping skills!

**Please stay within a hugs-reach of your child at all times. Your child needs your constant guidance.*

Doodlebugs (3y): 45-min class. In addition to the above, your child will be introduced to basic gymnastics skills through an obstacle course that includes handstand, forward rolls, cartwheels, beam, safe landing position and rings. *Parent or Caregiver participation is optional, dependent upon the needs of your child in Doodlebugs.*

GYMNASTICS

Beginning Gymnastics (4-5y Co-ed): 45-min class. Skills learned include hand stand, cartwheel, straddle hang, forward roll, backward roll, straddle jump, tuck jump, seat drop, tree fall, bridge, back walkover introduction, pull over, kick walk, bear walk and scale on knee and one foot.

Level 1-2 (6+y Co-ed; Boys Class 6+y): 1-hour class. Refine Beginning skills, hand stand walk, hand stand forward roll, front limber, back bend kick over, round off – rebound, straight armed backward roll to pike, cast sole circle dismount.

Level 3-4 (9+y Co-ed): 1.5-hour class. Refine Level 1-2 skills, back walk over, round off, front and back handsprings, back extension roll, kip intro. Goals include: To have fun, practice with new friends, learn to share, follow directions, comprehend and master skills, gain body awareness and self-esteem through gymnastics activity.

Adult Gymnastics: 1-hour class (all levels welcome, no experience required, 16y+): Superior warm-up including stretches and traditional floor work. Body alignment, tumbling, bar, balance beam, vault, side horse,

rings, acrosports. Learn how to use your physical structure to support your weight both vertically and when inverted. Moderate aerobic workout, significant anaerobic workout and the fun of obtaining new gymnastic skills...now YOU can show off for your children! Let your inner kid out to PLAY!

GYMNASTICS CLASSES PLEASE NOTE:

- Parents may view class (parents do not participate in class).
- No socks, jewelry, jeans, or exposed buttons or zippers.
- Gymnastics students who miss warm-up (are late) will not be allowed to participate that class.
- Please bring your own water to class (there is no drinking fountain).

New Enrollment: Once you receive a class confirmation via email from My Playground, your first month's (or Session's) Tuition is due along with your signed Authorization, Release and Waiver of Liability Agreement and Rules and Regulations sheet (a copy of each may be downloaded from our web site, www.playgroundcentral.com, see 'Things you want to know' page). Your check, made payable to My Playground, plus these two forms must be received no later than one week after class confirmation or your first class day, whichever comes first. If we do not receive these items on time then we may fill your spot with someone else on our waiting list.

Tuition:

- First Moves, Little Leapers: \$15 per class paid monthly. Due your first class day of each calendar month for that month.
- Doodlebugs: \$16 per class paid monthly. Due your first class day of each calendar month for that month.
- Beginning Gymnastics: \$18 per class paid per session (typically 7-9 week sessions). Due one week prior to the first day of the session.
- Gymnastics Level 1-2: \$20 per class paid per session (typically 7-9 week sessions). Due one week prior to the first day of the session.
- Gymnastics Level 3-4: \$27 per class paid per session (typically 7-9 week sessions). Due one week prior to the first day of the session.
- Adult Gymnastics: \$20 per class paid per session (typically 7-9 week sessions). Due one week prior to the first day of the session.

Tuition payments: check only made out to 'My Playground'. Drop into Payment Box in the waiting room, or mail to:

My Playground - Pioneer Commerce Center
10775 Pioneer Trail, Suite 106
Truckee, CA 96161

Tuition is considered 'on time' if post-marked by the due date.

Late Fees: If tuition is received late, including just one day late and checks returned unpaid, you will be charged a \$10 late fee and may forfeit your spot in class to someone who is waiting to enroll. 100% of all late fees go into a scholarship fund for underserved children to attend My Playground in the Summer (thank you!). A \$20 fee will be charged for any check that is returned unpaid.

Withdrawal: Class size is limited and we have wait-lists. Please, you must give us **2-weeks notice** if your child will no longer attend class so that we may have the opportunity to contact another child who is waiting to join.

Siblings: Siblings who are not enrolled in class are not allowed in class. It is not safe to have children at My Playground who are unsupervised. Play equipment and activities are appropriate only for the published age of the class.

What to Wear: You and/or your child should wear comfortable clothing that is easy to move around in and not restrictive, heavy or bulky. Avoid nylon as well as any clothing material that has a 'slick' surface since this can cause slipping and sliding on some equipment. No socks, jewelry, jeans, cargo pants, exposed buttons or zippers.

Gymnastics Classes: leotard or shorts + t-shirt (bare feet and legs please...no socks or tights). No shoes of any kind are allowed in the studio. You and/or your child should plan to participate barefoot. Socks are fine for adults in Parent/Tot classes but children should be barefoot for safety and to maximize their gross motor development.

Hair: Pulled back off of face; secure ponytails close to the neck so you and your child may roll comfortably on floor.

Food: No food in studio. Please bring your own water to drink in the waiting room (there is no drinking fountain). No gum anywhere.

ABSENCES (SUBS & MAKE-UPS), CANCELLED CLASSES (HOLIDAYS, SNOW DAYS):

Absences (subs and make-ups): You may give another child of appropriate age your spot temporarily on a day that you cannot attend class (a 'substitute'). That child's parent or caregiver must sign a liability waiver and Rules and Regulations sheet prior to attending class; they will not be allowed to participate without signing these documents. Please make your own arrangements for a substitute and then notify My Playground at least 24 hours in advance of the class, either via phone or email, of the name of your substitute.

Space permitting, you may also make-up a missed class any time. Make-up classes must be scheduled ahead of time with My Playground to make sure there is sufficient room in class. Make-up classes never expire as long as your child is fully enrolled in the program. Make-up classes expire when enrollment ends.

Illness: Please do not come if either you or your child is ill or injured. Stay home, find a substitute if you wish (we suggest you make arrangements with substitute-friends ahead of time which will help you at the last minute) and get well!

Cancelled Classes: You will not be charged if classes are cancelled. Classes are always cancelled on these major holidays: New Years Day, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas Day. NOTE: Many minor holidays like President's Day and Columbus Day occur on class days and we do hold classes on those days. Let us know if you have questions about a particular holiday.

Snow: Even if schools have cancelled class due to snow, we will make every effort to have class on those days, just as most businesses do in Truckee. If you are wondering whether your class has been cancelled due to weather, please call 587-7404 and a recorded message will specifically say 'classes are cancelled'; otherwise we'll see you in class!

Location: Classes are held at the Pioneer Commerce Center in Truckee, California.

From Commercial Row, Downtown Truckee:

- Donner Pass Road East, go over I-80, to Pioneer Trail (before Hwy. 89 intersection).
- Turn left onto Pioneer Trail.
- Continue past the Rock Garden (on right) to Pioneer Commerce Center (on left).
- Turn left into 2nd entrance of Pioneer Commerce Center parking lot.
- Go straight to the end of the parking lot.
- Last building on left: Summit Building, 10775 Pioneer Trail.
- Enter double-doors facing west. Follow main floor hallway, last suite on right #106.

From I-80 traveling East (to Reno):

- Exit # 188A 'Truckee' Exit. Turn left onto Donner Pass Road East, go over I-80.
- Follow directions above.

My Playground - Pioneer Commerce Center
10775 Pioneer Trail, Suite 106
Truckee, CA 96161
(530) 587-7404

laura@playgroundcentral.com

www.playgroundcentral.com

Note: A public phone is not available onsite our phone is not answered during class time. If you need to provide a phone number to a sitter or anyone who needs to reach you, please use your cell phone.

Free Email Newsletter:

Sign up for our free email newsletter at www.playgroundcentral.com

We look forward to seeing you and your child having fun at My Playground!