

**GYM**

**ACTIVE.**

**WHERE LEARNING MEETS PLAYTIME!**

**2020 2021**

**(MONDAY & WEDNESDAYS)**

# **GYMACTIVE PROGRAM**

## What is GYMACTIVE?

The GymActive program at RPGA is just as it sounds: ACTIVE! Studies have shown that children who are active have better focus ability as well as memory retention. Movement increases blood flow to the brain and in return, helps build stronger mental clarity. This is what sets us apart from a typical preschool learning program. Our large facility, ample equipment, and our low student/teacher ratios are a prime setting for children to learn through gymnastics activity.

Our students will work on many areas of preschool development through the sport of gymnastics. Along with gymnastics skill work, areas of focus will be large motor skills, muscle function and terminology, spatial awareness, hand/eye/foot/ coordination, balance, strength, flexibility, and body awareness.

***\*REFEX GYMNASTICS is a licensing-exempted gymnastics skills program.***

***We are NOT a State Licensed program or facility\****

# **GYMACTIVE PROGRAM**

## **TUITION**

**Monday/Wednesday - \$190/month**

**9:00 a.m. – 2:00 p.m.**

**Registration Fee - \$95**

**(Tuition includes instructional gymnastics classes)**

### **Options:**

**3 days week - \$275/month (Two days Gymactive, One day SPROUTS)**

**4 days week - \$360.00/month (Two days Sprouts, Two days GymActive)**

# **GymActive Daily Schedule**

**All Activities throughout the day will have a theme of the week**

**9:00 a.m.** – Good morning friends! Exploration stations (Open Gym)

**9:20 a.m.** – Wake up your muscles (musical warm up and movement exercises), Stretch it out (flexibility), Memory (muscle, positions, and skill terminology)

**9:45 a.m.** – Snack and restroom

**10:05 a.m.** – Muscles in motion (large motor skill circuit training)

**10:45 a.m.** – Restroom break

**11:00 a.m.** – Team building and strength time

**11:30 a.m.** Lunch

**12:30 p.m.** – Fine motor work

**1:00 p.m.** – Structured gymnastics

**1:48 p.m.** - Free play

**1:55 p.m.** – Prepare to leave

**2:00 p.m.** – so long... farewell... see you next class day!

# PARENT ORIENTATION

**CALENDARS** – Every month on the first day of school for that month, we will post the monthly calendar on the board right outside the class room (PARENTS CORNER). If any changes need to be made during the month the calendar will be updated on the board and an email will be sent out. A “WEEKLY” curriculum for (Tues/Thurs) classes and (Mon/Wed) classes will also be posted at the “Parents Corner”!

**STUDENT FOLDERS** – Each student will have a folder that will consist of all the work done for the day and/or any school information being sent home. PLEASE REVIEW AND EMPTY YOUR CHILD’S FOLDER ON A REGULAR BASIS. These folders need to be put in your child’s backpack and returned on your child’s next school day.

**SPECIAL EVENTS** – Special events are noted on your monthly calendars (as well as on your “monthly themes” information). We will also put your information about these days on our board and verbally touch base with parents during drop-off and pick-up. If changes are made to the date of special events, we will email the change to you and send home letters.

**BIRTHDAYS** – We love celebrating birthdays in the classroom! You may bring Bakery or Store bought cookies and cupcakes to help celebrate your child’s special day! **(NUT FREE)**

**INCLEMENT WEATHER** – In the event of unforeseen extreme weather we may choose to cancel class or ask you to pick your child up early. Your child’s safety is our main concern, as well as the safety of our teachers. The weather alerts/closings will be posted on our website. We will always try and give you as much notice as possible!

**WATER BOTTLES** – All students are to bring reusable sport-like closeable water bottle to school **EVER YDAY**. We will refill their water bottles as needed. They will use this water bottle during snack time and throughout the day. Please make sure and have student’s name on their water bottle.

**SNACK** – All students are to bring a nutritious snack to school **EVERY DAY**. **(NUT FREE)**

**LUNCH** – All students are to bring a lunch to school **EVERY DAY**. This needs to be a lunch that doesn’t need to be refrigerated or heated up in the microwave. We do stress to the children that a good portion of their lunch needs to be finished first before eating their dessert. We are a NUT-FREE environment, please refrain from putting any nut products in your child’s lunches!

**EMERGENCY PROCEDURES** – During the year the children will be performing safety drills in the event of a fire, tornado or a security lockdown. Parents will be notified as soon as possible by email or cell should the situation ever occur.

**DROP-OFF/PICK-UP** – The classroom will not open for drop-off until 9:00 a.m. This allows time to properly prepare the room for the day. You may enter through the gate and your child may hang up their backpack and unpack their water bottle and wait WITH AN ADULT until the door opens at 9:00 a.m. Please do not drop off your child unattended. A sign-in/sign-out sheet will be available when you drop-off and pick-up your child. If someone else is picking up your child you must notify the front desk and have them give us the information. If it is someone that we are not familiar with we will ask to see that person's ID for proper identification.

**BRINGING TOYS** – We will have special days throughout the year to bring things from home. Please refrain from bringing toys from home unless requested!

**CHILDREN'S ATTIRE** – Gymnastics is a part of your child's curriculum along with sports play. Please remember when dressing your child (girl) if wearing a dress that she wears shorts under it. Zippers and buckles are not comfortable to the children while doing gymnastics – plain elastic shorts or pants are great! Children will be taking shoes off/on throughout the day...flip flops, slip-ons, Velcro-fastener shoes are much easier for the children to take off and put back on!

**RESTROOM BREAKS** – Several restroom breaks are scheduled during the day. Children must be fully potty trained to participate in the Sprouts program, but we do understand an occasional accident. Please make sure an extra set of clothes remain in your child's backpack for the entire school year!

# **“GymActive” Program**

## **THEMED MONTHS**

Below is a list of the themes for each month. Also provided are dates for special events, parties and days we do not have school.

### **August:**

Aug. 31<sup>st</sup> **Back – to – school/Safety week**

### **October:** **Fall/Harvest/Pumpkins**

Oct. 28<sup>th</sup> Fall Festival

### **November:** **Family/Thankful/Thanksgiving**

Nov. 18<sup>th</sup> Turkey Trot

Nov. 24<sup>th</sup> - 25<sup>th</sup> Thanksgiving Break (NO SCHOOL)

### **December:** **Winter/Jesus/Christmas**

Dec. 16<sup>th</sup> Santa Showcase

Dec. 21<sup>st</sup> - Jan. 1<sup>st</sup> Christmas Break (NO SCHOOL)

### **January:** **“I can”/Health & Happy New Year Healthy Habits**

Jan 4<sup>th</sup> & 7<sup>th</sup> Normal Classes will resume

### **February:** **Heart Health**

Feb 10<sup>th</sup> Heart Helpers Cartwheen-a-thon

### **March:** **Texas/Rodeo**

March 10<sup>th</sup> REFLEX Roundoffs and Rodeo (Lunch provided)

March 15<sup>th</sup> -17<sup>th</sup> Spring Break (NO SCHOOL)

### **April:** **Flowers/Spring/Easter**

Funny Bunny Relays

### **May:** **Summer Time/Year End Program**

May 26<sup>th</sup> End of year Spring Showcase