

What to expect in your first Basecamp Tot Class at Bounce

Welcome to your first class at Bounce! We are so excited for you to be a part of this special experience with your child. We want your first class to be a success! Please read through our tips and tricks before the start of your first class.

Class structure:

10-minute Structured Warm-up

20-minute Event 1

5-minute Activity

20-minute Event 2

Exploration:

For this class to be successful and fun for both you and your child, you will need to help direct your child. Gently encourage your child to participate, learn at their own pace, problem-solving, honor effort, and nurture your child's developing independence and confidence. We encourage all variations of participation.

Watching & Doing:

Children learn by watching and by doing. In your first 3-6 weeks of class, you may find that your child prefers to observe and take everything in. Your gymnast may be waiting until they are comfortable and have the information necessary to "do" things. As a parent, we encourage you to participate fully in the class while supporting your observer.

On the other hand, you may find you have an adventurer, who can't do enough. Please stay with them, make sure they are safe, and stay within the boundaries of the class. We do ask that you refrain your child from exploring other classes that are going on in the gym at the same time. With each class, encourage them to participate with their class a little more each time. There will be free spaces in the gym to allow your child to explore for a minute on their own. Allow this, and then encourage and redirect your child to return back to their class.

The doing is the learning!

Repetition is key! Trial and error enable your child to master each new skill. This teaches tenacity and resilience. Remember how tenacious your kiddo was when they learned to walk? They didn't give up! They will have that same tenacity when they realize they are safe and comfortable to try new things.

We hope you enjoy your experience at Bounce with your little one. We will be here with you along the way! Please never hesitate to reach out with any questions you may have.

The Bounce Team