**Cork Acro Pre-School Gymnastics**

Tuesday 11 am and 12.15pm

Thursday 11am and 12.15pm

Class Rules:

* Parents must supervise their children throughout the class
* A coach will be present in the hall for advice, support and activity preparation.
* **No shoes** to be worn on the gymnastics equipment at any time. This includes all matting and the sprung floor.
* The gymnastics apparatus is for children’s use only, **not adults.** This includes trampoline, vault, beam, airtrack, foam hills etc. Parents are welcome to stand beside the apparatus or on the sprung floor and encourage their children to take part.
* No food or drink is allowed on or near the gymnastics equipment.
* All fees must be paid prior to your child taking part.
* **Only registered children** are allowed to take part. Younger children accompanying must be in a buggy or car seat. This is to ensure safety of all children.
* A variety of apparatus will be set up at different times throughout the session. For your child’s safety we ask that you obey all instructions relating to the equipment.

The emphasis of these classes is to encourage participation and activity in pre-school children in a safe environment. These activities will encourage balance, co-ordination and social skills. The coaches have been Garda vetted and have First Aid training. I hope you enjoy your sessions.