



Fraser Valley  
*Rhythmic Gymnastics*

## Tips for Success in *Almost Me*

Almost Me is a unique program for 3-4 year old gymnasts that aims to bridge the gap between full parent participation programs (Mom, Dad and Me) and independent programs (Kindergym). Parents will assist their young gymnast as much as he/she requires. Here are some tips about how you can best support your gymnast in Almost Me.

1

**Be prepared to be fully supporting your gymnast.** This means following our gym dress code (no fabrics that will stain our carpets, socks or bare feet), and not having siblings in the gym (exception is a baby that can be securely worn in a baby carrier while you support your gymnast).

2

**If your gymnast doesn't need help, don't stay in the gym.** We strongly encourage parents to leave the gym area (and hang out in the 'Fan Zone') if their gymnast is independent. We appreciate parents not sitting in the gym to watch the programs, if they are not actively engaged in the class.

3

**When your gymnast is ready for more challenges, talk to us!** If your gymnast is ready for Kindergym, let us know, and we can explore the possibilities of transferring classes.