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Dear Parent,

Thank you for allowing your child to be a part of this Kids Class! The commitment to our children's future is bright; to be a part of a path that has changed all of our lives immeasurably for the better. With your child, we are not only able to potentially enhance their lives, but we also have the opportunity to shape their lives and their realities within them.

What our classes are about:

😊 Teach that fitness and health go hand in hand 😊 Fitness is a sport for life 😊 it is a fun, exciting, coached and structured class 😊 create a community of like-minded individuals 😊 develop life skills and lessons – healthy eating habits & nutrition basics 😊 reverse health issues 😊 improve self-perception 😊 confidence 😊 listening skills 😊 boost social skills 😊 can be part of a lifelong fitness 😊 teamwork 😊 develop them as healthy fit human beings 😊 making friends 😊 it doesn't matter what we look like it is what we can do 😊 shape lives 😊 learn to move better 😊 be creative 😊 have fun and enjoy doing it.

I wanted to take this opportunity to introduce myself and to set some policies and procedures for the safety of your child and the efficacy of their class experience.

My name is Joanne Courtney Scanlon and I own CF R560 Tralee with my husband Tom since 2013. We want to help kids enjoy exercise by having fun while also learning functional movement we use in everyday life which will help them in other sports, improved school performance and general wellbeing. At the younger ages, the class develops their bodies across a broad range of skills. By exposing them to a variety of stimuli therefore their bodies adapt and grow both physically and neurologically. As teenagers, these classes are a fun and efficient way for young athletes to develop the strength and conditioning base they need to excel in their sport of choice.

We are starting with the 7 year – 12 year range but will be extending to the ages below:

Preschool (ages 3–5), Kids (ages 5–12), Teens (ages 12–18). Please note that it is not the age of your child that is the deciding factor for what class he or she attends. It is largely based upon individual skill, athleticism, and maturity and is ultimately decided upon by the head coach to ensure your child is getting the most out of these classes. Preschool class lasts 20 minutes, Kids class lasts 45 minutes, and the Teens class is broken into a one-hour class that look much like an adult class.

As previously stated, your child's safety is paramount to the coaches, and it is with this focus I need your help. Below are some rules that we must enforce to best protect your child; so please:

1. Walk your children (including Teens) inside the building for the start of the class, and come inside the building to pick them up afterwards.

2. Please sign your child **in and out** with the coach so we can ensure they are going home with the appropriate person.
3. Bring your children to the designated Kid area, where the coach will meet them and take them onto the gym floor for the day's class.
4. Unless pre-arranged with the coach, the children are only allowed to go home with the person who drops them off.
5. Immediately notify the coach if you see anyone in the parking lot or in the gym who does not belong there.
6. Payment is monthly.
7. A waiver, signed by a parent or legal guardian, is required for each child before he or she is allowed to participate in a class.
8. Ensure your child has a bottle of water, or a bottle that can be filled up at the tap. Don't forget to put your child's name on it! **No fizzy drinks or sweets etc allowed.**
9. Ensure your children are wearing clothes appropriate for running, jumping, rolling, pulling, swinging, climbing, crawling, throwing, and being upside down. (Bra tops are NOT allowed to be worn on their own)
10. If you choose to stay and watch the class (which we hope you do!), please do not coach your child.
11. Children with disciplinary problems: first warning-free of consequence, second warning-sit out the first two minutes of the game, third warning-go to the parent.
12. Finally, please make the coach aware of any special needs for your children that may facilitate their individual safety, learning, and growth (i.e., medications, illness, physical/mental limitations, injury, sports, etc.).

I look forward to getting to know all of you personally and training your children to the utmost of my ability. If you have any questions, comments, problems, or concerns, please don't hesitate to get a hold of me at the following:

E-mail: info@crossfitr560.ie

Tel: 087 6880453

Signed.

Joanne Courtney Scanlon

CF L2
CF Kids