

METROPLEX GYMNASTICS

KIDS NIGHT OUT

AGES 3-6 YEARS PARENT INFORMATION

IF YOU WOULD LIKE FOR YOUR YOUNGER CHILD TO BE WITH THE OLDER KIDS SIMPLY LET THE STAFF KNOW AT CHECK IN & THEY WILL PUT A GREEN WRISTBAND ON YOUR CHILD ALLOWING THEM TO BE WITH THE OLDER KIDS.

We understand that kids ages 3 – 6 years need more structure and smaller ratios than the older kids. Below are the steps we take at Metroplex Gymnastics Kid's Night Out to make for a fun & safe environment for younger kids.

DURING DROP OFF: Younger kids are more likely to be nervous and have separation anxiety. To help with this they will start the night with a staff member in a classroom with books, games, puzzles

FRONT GYM: At 7:10pm they have the front gym to themselves for open play in treehouse, trampolines, foam pit & zipline (older kids are in back gym)

PIZZA DINER: 7:45 The younger group will head back to their room for pizza. Separating them from the older kids makes for a calmer quieter room while eating (older kids eat upstairs)

BACK GYM: At 8:10 this group heads to the back gym for age appropriate group games such as, PARACHUTE GAMES, RED LIGHT – GREEN LIGHT, LIMBO... (older kids are in front gym)

BACK TO THE FRONT GYM: At 8:45 they will be in the front gym for hide & go seek then open play and games (older kids in back gym / outside play area)

Those that are being picked up at 9:30 will be back in the room ready to be picked up.

(Older kids will be upstairs ready to be picked up)

9:30 – 10pm: The 3 – 6-year olds will be playing in the front gym tree houses, tumble track, foam pit and swinging on the trapeze into the foam pit. (older kids in back gym / outside play area)

TOWARDS THE END OF THE NIGHT: The younger kids start to get tired, so we play calm group games such as DUCK – DUCK – GOOSE, SIMON SAYS, TELEPHONE, CHARADES...