



Group Class Policies

GENERAL OVERVIEW

Miles to Grow classes are educational, developmental play-based sessions designed to support infant development through movement, sensory play, music, and caregiver interaction.

Classes are led by a licensed physical therapist and are intended for caregiver participation alongside their child. Classes do not constitute or consist of medical advice, diagnosis or physical therapy.

CAREGIVER ATTENDANCE

A parent or legal guardian must remain present and actively responsible for their child at all times during class.

Children may not be left unattended at any point.

ARRIVAL & TIMING

Please plan to arrive on time so you and your child can fully enjoy the class experience. Classes begin promptly at the scheduled start time, and late arrivals may miss portions of activities.

CANCELLATION & REFUND POLICY

We understand that plans with little ones can change.

Because class sizes are limited and preparation is required in advance, the following policy applies:

- Cancellations made more than 48 hours before class may be eligible for a credit or transfer, based on availability
- Cancellations made within 48 hours of class are non-refundable
- No-shows are non-refundable

SICK POLICY

To help maintain a healthy environment for all participants:

Please do not attend class if you or your child is experiencing:

- Fever within the past 24 hours
- Vomiting or diarrhea
- Contagious illness symptoms (e.g., significant cough, rash, eye discharge)



If your child is sick, please contact us prior to class. Non-attendance due to sickness does not mitigate responsibility for cancellation fees.

WEATHER / VENUE CHANGES

If class must be canceled due to weather or facility-related issues, participants will be notified as soon as possible via email or phone.

Make-up options or credits may be offered at discretion.

WHAT TO BRING

Please bring:

- Diapers and wipes as needed
- Bottle or feeding supplies
- Comfort items for your child
- A thin blanket for floor activities (**mats will be provided**)

CLASS STRUCTURE

Classes include:

- Movement-based developmental play
- Sensory exploration activities
- Music and caregiver interaction
- Tummy time and positioning support

Activities are flexible and may be adjusted based on group needs.

MEDIA & PHOTOS

Media consent is handled separately through the registration form. Please refer to your selected preference at registration.

QUESTIONS / CONTACT

If you have any questions about class policies, please contact Miles to Grow directly prior to attending. Email: milestogrow.nj@gmail.com