

Welcome to Haven Movement Centre!!!



When I come to Haven, I can do Gymnastics or Dance class!



When I come inside, I can put my shoes & coat in a cubby



I can wait in the viewing area for my coach to welcome me in



I can bring my water bottle into the gym with me



To start class, we will warm up our bodies



I can listen to instructions & stay with my coach



After warm up, my coach will tell me what is next



During class, I can try lots of skills on fun equipment!



Going underneath equipment is not safe!!



Taking turns allows my friends to try new things!!!



At gymnastics, I can keep my hands to myself



I can try my best!!



I can have fun!!!



I can be safe at gymnastics!!



When class is finished, I can grab my water bottle



My coach will give me stamps & wave goodbye



See you in class next time!!!

