

# Peanut Butter & Jellyfish, LLC

Offering a balanced approach to kids fitness



Welcome to PBJ! You'll find all of the information about classes at our Reno location here.

## Important Dates

**Ongoing classes on break 6/8/19-8/25/19**

Spring students can keep the same spot in the fall  
Sunday Climb+Yoga classes in Reno will continue through the summer

**Day camps and swim intensives in Incline over the summer**

You can sign up for these in the portal.  
Sessions are "2019 Camps" and "2019 Summer Intensives"



## What to Bring to Climb + Yoga Classes

### Transition Toy-

You can bring a small toy if it helps them to adjust to new situations. Don't worry if kids are hesitant to participate at first, or run around like maniacs. We have lots of time to practice attention skills and kids are usually taking in more than it appears.

### Clothing-

Children should wear comfortable clothing and be ready to move. If a skirt/dress/costume is the attire of the day, please try to bring shorts or leggings to be worn underneath. Superheroes and princesses are always welcome in the gym but tripping hazards may be modified.

### Climbing Gear-

Children can bring their own climbing shoes/harness or rent gear for a \$30 one time fee (free rental included in Taster class). You'll pick up your rental shoes from the rainbow drawers by the kids climbing room right before each class.

**PO Box 3996 | Incline Village NV | 89450**  
**720-202-8057 | [www.PBJellyfish.com](http://www.PBJellyfish.com)**

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## Yoga Gear-

We will take off shoes & socks during yoga class. You can choose to bring a mat for you and/or your child. Mats will also be provided at no additional cost.

## Food-

We recommend bringing a water bottle and small snack for each child. If you are enrolled in back to back classes, kids may want a snack between sessions. There is no food allowed on the climbing mats, but they are welcome to have a snack in the family zone.



## BaseCamp Location

**\*Please sign in at the BaseCamp front desk before each class. This is a safety precaution\***

## Location-

The gym is located on the 2nd floor of the Whitney Peak Hotel. You can enter through the brown BaseCamp door (looks like an emergency exit!) on the North side of the building to take the escalator, or through the hotel lobby to take the elevator. [255 N Virginia St, Reno NV 89501](#)

## Before Class-

Follow the signs for the BaseCamp front desk where you can fill out the BaseCamp waiver. They will direct you to the family zone where kids can play or color until your class begins.

## Parking-

The Whitney Peak garage is on **Plaza** Between Virginia and Center. Bring your ticket inside to validate. There is also ample street parking near the hotel. [50 E Plaza St, Reno NV 89501](#)

## Use of BaseCamp Climbing Gym-

If you would like to climb during or after your child's class you can purchase a day pass or membership at the BaseCamp front desk. [www.whitneypeakhotel.com](http://www.whitneypeakhotel.com)

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## Parking During Events-

When S. Virginia St. closes for markets or events you can still access the free parking garage. The signs will say street closed, business access only. You are accessing the business.

- From the North (80) you can take Lake St and a right on Plaza after the flying bus statue.
- From the South you can take Center St (one way) and a left on center.

## A Note for Toddler Wranglers

An adult will likely participate in the first few classes for 1-2 year olds. Your instructor can show you how to support your climber and guide you through the different tasks. Adjustments are often made for parents with young siblings in tow!

At this age kids are *learning* about stillness, following directions, and taking turns. We are not expecting two year olds to sit for 30 minutes and meditate :). We do practice stillness in these classes, but it is in very small doses and there is a lot of free play and movement in between. Do not worry if your little one explores the room or prefers to sit back and observe. Through practice and routine they'll be following along in no time!

Toddler classes are less structured with opportunities for children to interact with equipment in more of an "invitation to play" environment. Group songs and turn taking activities are scattered throughout the morning to provide tot-sized doses of attention building skills.

Families are welcome to stay for the whole class, snuggle up in the cozy corner, or leave early. You can judge what will be best for your little one and play it by ear!

Our youngest toddlers start developing pre-climbing motor skills. Crawlers and early walkers start to traverse, down climb, balance, and listen to cues. The majority of these classes take place on soft play equipment and sensory stations with less time spent on the vertical climbing walls.

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