

## What is Parent Tot class all about?



It is a common question...“What will my child learn in class if he/she can’t flip and cartwheel?” Our answer to that question could have any variety of answers, but all boiling down to.... *Your child can learn A LOT!*

In a 45 minute class, your child’s learning goes beyond the obvious physical development, including balance, coordination, and muscular development. We run a full developmental program, also working on social, emotional, and intellectual growth, and ultimately, help to prepare your child for preschool and school.

We spend time on the trampoline and in the pit, jumping, rolling, counting, spinning, and climbing! We also sing our infamous “Jumping Song,” which is a great way to build self-confidence and allow your child to be the center of attention in a fun way! This can be a scary experience at first, but is an important emotional step!

We also spend time with warm-up songs and “stretch time,” which teaches an instructor/student relationship, along with focus and listening skills! We know a child’s attention span at this age is about 1 minute, so we keep moving and use props and songs to stay entertained. We also use props or manipulative equipment (parachute, bean bags, hula hoops, etc) to teach hand/eye coordination skills, cooperative play, and fine motor skills. These activities are geared toward functional skills, like “pinching” a bubble may help your child learn to button their shirt!

The bulk of class is “station time.” We travel around the gym, stopping at obstacle courses as a group. Each obstacle course has 5 or 6 skills, some independent skills and some requiring a spot or parent participation. Each course also has a skill of focus where the coach will remain to teach the proper spotting technique for parents and give feedback and praise to our little gymnasts!

Our goal in Parent Tot class is for parents to have just as much fun as the kids...and move our bodies too! Kids are very perceptive to their parents’ facial expressions and since you are your child’s main teacher, your participation in class is fundamental to your child’s learning and enthusiasm. The next question is....What will YOUR child learn in class? We are excited to find out with you!

