

# What to Expect in Your Parent Tot Class



Our Parent and Tot classes are designed to introduce your child to gymnastics, help develop their gross motor and fine motor skills and to provide an activity for you and your child to enjoy together.

Our classes will set up multiple stations each week in order to:

1. Help your child progress in different gymnastics skills like front and back rolls, cartwheels, jumps, beam and bars.
2. Help develop your child's strength and Balance
3. Incorporate different activities that help your child learn colors, shapes, numbers, etc
4. Incorporate stations that help brain development, gross motor and fine motor skills
5. Help your child build confidence in themselves and their ability to try new things

We do not expect your child to participate in every station and activity each week. We understand that your child will have good days and bad days. There will be stations they enjoy and stations they are not in the mood for. If you need to skip a station and move on to the next, that is completely fine! We do expect each parent to remain engaged in the class and encourage their child to stay with the group and participate as much as possible. If your child wanders off during class, that is completely understandable. We just ask that you gently encourage your child to come back to their class and try any of the stations their class is doing. For safety reasons and to ensure your child is getting as much as possible from the class, we want your child to remain with their group throughout the class. If your child has a bad day, please do not feel discouraged. This is completely normal and next week will be an entirely new experience. Don't give up! Each child becomes comfortable in the class at different rates. For some children it will take them 2-6 weeks to acclimate to the class and be willing to try all of the stations. Don't give up! Push through the beginning and you will see your child begin to thrive!