

Me and my Buddy Circus Class Objectives and Rules:

For your Child:

Overview-This class has been designed to allow 2 years olds to experience a class like environment while increasing gross motor skills like coordination and strength that are needed for necessary development.

Key Points-

- For many this is their first structured class setting, so many need to learn how to participate in the i.e. taking turns, waiting in line, staying with the group etc. for some the skills come easy but the social is the harder part.
- The skills that are taught in class have been broken down to suit the developmentally level of 2 year olds. The skills are to develop your child's motor skills through coordination, strength and flexibility exercises. Allowing them to solve physical problems i.e. forward roll, jumping backwards etc. will enhance their body awareness.
- Have patience with your child's progress. Each child grows and learns at their own pace. Please avoid 'doing' everything for your child, help is encouraged but allow them to try by themselves when it is safe to do so.

For you, the Buddy:

Overview- To encourage and help maintain focus during class, so each child can get the most out of their time in class.

Key Points-

- We ask that you set a good example for your child during class. Stay with your child sit together, listen to the instructions, don't allow them to run off.
- Allowing your child to be on equipment without a coach present is not allowed either during or after class.
- All adult participants need to sign a waiver, in the office before participating.
- It is helpful to your child if the same person comes each week to help in class.
- The equipment and activities are for the children, although demonstration is some time useful please keep in mind this is their class.
- Encourage listening to the coach's instructions/ directions restating them as needed but please don't change the directions and have them do a different skill.
- We encourage participation in class although for young children, as much is learned from watching as doing. Therefore, if your student needs to take a break and watch the class, that is okay.