



PlayWisely® Information

***PlayWisely® is a developmental play system for babies and toddlers designed to engage each child's natural ability to learn and move through each stage of development. It is a separate business that operates in ASI gymnasiums.**

***Parents will learn the latest creative play techniques developing the brain and body confidence needed for enhancing future academic and athletic ability.**

***The program uses a patent pending flash card system for developing attention, recognition and memory skills essential for efficient learning.**

***The program also develops all the recognized progressions for enhancing visual motor and gross motor skills necessary for developing age appropriate physical skills.**

***The PlayWisely® program is based the latest research from the sciences and is receiving recognition from experts in the field of cognitive science. (The method is so innovative it is patent pending.) Because it is based squarely on developmental progressions the program is effective for kids with disabilities as well as those that are advanced.**

Classes are divided into 4 levels to maximize each child's developmental experience.

Babies 1 – 4 months to 8 months (non – crawlers)

This class develops early attention and recognition skills as well as basic balance and strength skills that will assist future sitting and crawling ability. Babies will also develop the foundation skills necessary for future motor skill ability including: visual tracking, grasping, kicking and catching. Parents will learn fun ways to 'turn on and tune in' the early sensory skills that will propel the quality of all future learning and movement ability.

Babies 2 – 8 months to 12 months (crawlers)

This class develops the recognized early learning skills of attention, recognition and memory while exercising coordination of the visual, auditory and motor pathways in the brain necessary for efficient learning ability. Babies will learn to sit and crawl with

confidence, exercise the secondary movement reflexes that will assist in developing future motor skills and body confidence as well as developing precise grip and foundational kicking, catching and striking skills.

Toddler 1 – 12 months to 18 months (walkers)

This class develops attention, recognition and memory skills by exercising coordination of the visual, auditory and motor pathways in the brain using the PlayWisely® flash card system. Your child will develop efficient focus, tracking, acuity, discrimination, orientation and early pointing skills necessary for efficient learning ability. Toddlers will learn to walk and run with confidence, they will experience motion along and around the body axis using swings and basic gymnastics skills that will develop body awareness and confidence. They will develop fine motor skills and the early sports skills of catching, throwing, kicking and striking.

Toddler 2 – 18 months to 30 months (runners)

*This class enhances attention, recognition and memory skills as well as efficient information processing ability and problem solving capabilities. Your child will learn the ABC's, basic counting forward and backward, colors, shape recognition and categorization skills. They will learn all the basic sport skill patterns for catching, throwing, kicking, striking, running, balancing, strength and gymnastic skill basics. Upon completing this class your child will have the brain and body confidence to successfully participate in any future academic or athletic class.

General class format information

PlayWisely® classes are 30 minutes in length. Each class begins and ends with the flash card system for developing cognitive skills. There is also a visual motor skill component and a gross motor skill component for developing age appropriate physical skills. Classes run on a 4 week rotation between:

- Catching, throwing and balance
- Strength and kicking
- Fine motor and translation
- Striking and rotation