All About our Class at

Warriors For Autism
Notes for parents and caregivers

Saturday’s Warriors for Autism classes will be sensory-friendly. The loud door alarm and music will be turned off.

There are chairs near the class area where you are welcome to wait. Only coaches and students are allowed on the mats.

Shoes and/or socks must be removed before stepping on the mats.

If the big fan is on to keep the gym area cool, it may be too loud for some children. We will be happy to turn it down, or off while class is in session.

Some children may notice an odor in the building. If your child is sensitive to smells, you may want to prepare him or her, and explain that this is natural, and is common to many gyms and workout areas.

Please watch children to be sure they do not wander into unused areas of the building, or play in the ring or on any equipment – this is for their safety!

Please see the schedule to give children information about the order and time length of events for each class session. In general, the classes will feature the following:

• A warm-up activity
• Stations (these change): Dots, ladder, cones, and box. Other activities may be added.
• A cool-down activity
Today’s schedule at Warriors for Autism

Our Coach today will be _________________________________

Start at ___:___

Warm-up activity _____ minutes

Stations:

_____________ for _____ minutes
_____________ for _____ minutes
_____________ for _____ minutes
_____________ for _____ minutes
_____________ for _____ minutes

Cool-down activity _____ minutes

Time to go at ___:___
We will enter through this door.
After we go inside, we will go to the right through this door.
We will walk past this area. Our class will be in a different part of the gym.
I can put my shoes and socks here if I choose, or I can put them near the chairs we will see soon.
If I need to use the restroom, I can go in this door.
I will take off my shoes and socks for class!

I can keep my shoes, sweaters, backpacks, or other items near these chairs.

My parents or family members can wait here until class is all done!
Sometimes the fan is on. It keeps the gym cool on hot days.

If the fan is too loud, maybe we can ask someone to turn it off while we are having our class.
This is Coach O.

Maybe Coach O. will be teaching our class, or maybe another coach will be teaching our class.

We can look at our schedule to see which coach we will have.
These are some of the activities we may be doing in class:

- Dots
- Box
- Ladder
- Cones

I will listen to Coach and follow instructions for each activity.

Coach and my parents and family so proud!
This is a special exercise area for people who come to the gym for different classes. Our class will be only on the blue mats. We will stay on the blue mats!
This training station is used by adults who come to the gym.

We will not use this in our class.
When class is over, I will be all done for today. Everyone will be happy, and proud of me for doing a good job!

It will be time to put on my shoes or shoes and socks, and go.

I can say, “Thank you! See you next time!”
Created for Warriors for Autism

by

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