

# Preschool Classes

## OBJECTIVES

- To develop a child's self-concept and self esteem
- To encourage physical activity as a part of everyday life
- Teach fundamental movements during early developmental stages
- Introduce social skills such as sharing, taking turns, listening and developing friendships

## CONTENT

- Gymnastics & Body Awareness
- Locomotor Skills
- Perceptual Motor Skills
- Strength & Flexibility

Join us for the **Spring Show** each May! Family and friends are welcome.

### Tumble Tots

**Ages 12-18 mo | 30 minutes | semi-structured, parent-guided**

**Weekly Movement Education Themes:** Three 10-minute transitional increments focusing on body movement & fun!

**Develop:** coordination, interaction with environment, social & emotional development, sensory processing and more

### Mini Mites

**Ages 18 mo—3 | 45 minutes | semi-structured, parent-guided**

**Obstacle Course Format:** Vault, Bars, Beam, Floor, Trampoline | Preschool Gym with parent

**Develop:** gross motor skills, fundamentals, listening, taking turns, separating from parents, friendships

### Twinklers

**Ages 3– 4 (potty trained) | 45 minutes**

**Station Format:** Vault, Bars, Beam, Floor, Trampoline | Preschool Gym

**Develop:** gross motor skills, fundamentals, listening, taking turns, separating from parents, friendships

### Shooting Stars

**GIRLS & BOYS**

**Ages 4-6 & passed Twinklers OR new to gymnastics age 5+ | 55 minutes**

**Station Format:** Vault, Bars, Beam, Floor, Trampoline | Preschool Gym

**Develop:** basic gymnastics skills - working on better technique, straighter legs, bigger amplitude and tighter bodies and increased strength and flexibility

### Mighty Men

**BOYS CLASS**

**Ages 3-6 | 55 minutes**

**Station Format:** Vault, Bars, Beam, Floor, Trampoline | Preschool Gym

**Develop:** basic gymnastics skills - working on better technique, straighter legs, bigger amplitude and tighter bodies and increased strength and flexibility

### Hot Shots

**GIRLS CLASS**

**Ages 3-6, passed Shooting Stars and tested in 55 minutes**

**Station Format:** Vault, Bars, Beam, Floor, Tramp | Main Gym

**Develop:** continue with better technique, straighter legs, bigger amplitude, tighter bodies

**Next:** Beginner 1 or 2 depending on skill achievements

### Muscle Men

**BOYS CLASS**

**Ages 4-6 & passed Shooting Stars/Mighty Men 55 minutes**

This class is designed to help introduce **preschool age** boys to men's gymnastics equipment learning basic skills and positions. If this class is not available, register for Boys Beginner.

**Equipment:** Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal Bar, plus Trampoline

**Next:** Some boys who pass Muscle Men will move right into Boys Intermediate. Otherwise, Boys Beginner