

**PRESCHOOL GYMNASTICS**



**Preschool Gymnastics: Boys and Girls Mixed, Ages 2, 3, 4 and 5**

Our Preschool program is designed to teach Gymnastics skills with the important bonus of improvement in coordination, flexibility, strength, balance, concentration and discipline. This program also teaches children how to follow directions and work within a group. Classes are taught using an age appropriate, Safe, step by step FUN curriculum.

**The 3, 4 and 5 year olds** do all of the same events as the older children, vault, bars, beam and floor (tumbling). Much of the equipment is scaled down for a small child. **4,5 year olds** are in a class together. **3 year olds** are in a class together.



**2 year olds, Girls and Boys participate in the Mom(or Dad) and Me Class.**

Each child must be accompanied by an Adult (parent, grandparent, caregiver) in class. This class introduces the child to Gymnastic skills, following directions, the atmosphere of the gym and FUN! The Adult helps guide the child through stations of activities with instructions from and under the supervision and guidance of the Instructor.



**Transitional Preschool- Girls (by Invitation Only) 4-5 year olds.**

This is an Advanced Preschool class. Enrollment is by Recommendation of an Instructor.