

Spectrum Sports Inc.

BUMPER.... 2½ – 3½ yrs. (45 min)

Coordination based gymnastics class, using obstacle course learning. Class transitions away from parent participation and encourages children to listen to directions. Bumpers develop strength quickly with bars being incorporated in each class. Apparatus provides variety along with developing the hand/feet coordination. Connecting their little bodies to their minds with gymnastics is a fun learning experience for them and a joy for the Instructor.

3-6 Bumpers in class

- Pre School program is a structured format using reinforcer's, reward and discovery stations in class