

Spectrum Sports Inc.

WIGGLER.... 18 mo-2½ yrs. (40 min)

Activity based gymnastics with adult participation, using obstacle course learning. Introduction to gymnastics apparatus promotes body awareness at a young age. This well-balanced class is mixture of perpetual motion, encouragement and praise for doing while being active in a class that has familiarity but introduces new things.

3-8 Wigglers in class

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