

PRESCHOOL GYMNASTICS 3, 4, 5 year olds

1 Hour classes

3 year olds are in a Separate class from 4-5 year olds.
4 and 5 year olds are in a class together.

AGES:

****For 3 year old class- must be 3 within Two weeks of starting class.****

****For 4-5 year old class- must be 4 within Two weeks of starting class.****

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.

3 year old classes have an average of 6 students per Instructor. 4-5 year old classes have an average of 7 students per Instructor.

GIRL'S WHAT TO WEAR TO CLASS-

Leotard, any color. Hair in a Ponytail or short hair pulled back out of face.

Barefoot.

No Jewelry.

We sell leotards in our Pro Shop. Jazzy Dancer and other stores also sell leotards.

BOY'S WHAT TO WEAR TO CLASS-

Shorts, a T-shirt that will stay tucked in.

Barefoot.

We sell T-shirts in our Pro Shop. Any T-shirt will be fine.