



## **ABOUT THE PROGRAM**

Junior Gym offers gymnastics classes to more than 20 area schools and preschools. Our goals are to provide a fun and positive program, which will help the children develop good attitudes toward movement, and self-confidence about themselves, their attempts and their accomplishments. We teach basics of gymnastics, which are building blocks to more complex motor skills.

## **ABOUT THE DIRECTOR**

The Director, Ashley Peebles, has over 20 years of preschool experience. She began working with the Junior Gym program in 2022 and became the owner and Director of Junior Gym in March 2022. Ashley was born and raised in Tallahassee FL and is married with one child.

## **CLASS ACTIVITIES**

We start out each class with a fun warm-up routine. During this time, we do exercises and stretches to prepare our bodies for gymnastics. Some days we do scarf routines and the parachute! We then do two of the following activities:

- Tumbling on the mat--basic tumbling skills  
Examples: forward roll, backbend, "donkey kicks", handstand, cartwheel
- Balance Beam—walking patterns, balancing skills, tumbling skills  
Examples: walking forward, backward, sideways, on tiptoes, scale, crawling
- Incline "Cheese" mat—tumbling skills up and down the incline  
Examples: forward roll up, backward roll down, roll like a crayon, crawl up and roll off
- Mailbox mat—tumbling skills over and on, vaulting skills  
Examples: backbend over, seal walk, jump to straddle on, press up to a handstand
- Octagon mat—tumbling skills over  
Examples: push off your hands-push off your feet, handstand arch over, "ride the horse"
- Fun tunnel mat—jumping patterns (when mat is laid flat), skills in and through the tunnel  
Examples: jump on the squares, crawl through the tunnel, Jack-in-the-Box
- Hoops—work on jumping, following directions to jump the hoop patterns  
Examples: jumping with 2 feet, hopping on 1 foot, straddle jumping, hopscotch
- Soft steps—strength skills and jumping with correct landing ("sticking the trick")  
Examples: straight, tuck and straddle jump off, walk on hands up and down steps

## **PAYMENT**

\*\*The monthly fee is \$40 and is due by the 10<sup>th</sup> of the month. After the 10<sup>th</sup>, a \$5 late fee is added. We do not offer discounts or refunds for missed classes.

Options to pay:

- Pay by credit card. Visit our website [jrgymtally.com](http://jrgymtally.com). No service fees!
- Leave a check or money order (made payable to Junior Gym), or cash (clearly marked), at your child's school. There is a \$25 returned check fee.

\*\*Please leave a written note, at least one week in advance, of any intent to withdraw from the program.

\*\*On Junior Gym days, try to dress your child in clothing that is comfortable for doing gymnastics. Sweatsuits, leggings and shorts are preferred. Junior Gym t-shirts are available for purchase!

\*\*For questions, please email Ashley at [ashley@jrgymtally.com](mailto:ashley@jrgymtally.com), or call 850-445-1491.

**We are looking forward to teaching your child the FUN sport of gymnastics!**