

3, 4, 5 year old Preschool

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.