

Preschool Class Descriptions (Ages 16 months–4 years old)

Shining Stars Class Description

(Girls & Boys – Ages 16 months – 3 year olds WITH parent/guardian):

This class is the introduction to the magical movement of gymnastics using creative play and nurturing instruction. Parents and their young toddlers will participate in obstacles courses, many games, open gym and fun that all creates a unique atmosphere for learning. Our staff will direct activities in this class involving hand-eye coordination, eye-tracking skills, basic gymnastics and social skills. This is a great introduction to important social skills such as listening, following directions, taking turns, interacting with a teacher and communicating with their peers. Only children registered for the class and guardians may be out on the gymnastics equipment. Siblings must stay in the spectator area.

Shooting Stars Class Description

(Girls & Boys – Age 3 years old WITHOUT parent/guardian):

Older and more confident, the Shooting Stars are ready for class on their own! Parents/Guardians are not allowed on the gymnastics floor/equipment during this class. Motion, music and fun activities mix together to make each class a treat. Basic tumbling progressions are taught, along with equipment activities based on each child's readiness. Our students will continue to work on important social skills such as listening, following directions, taking turns, interacting with a teacher and communicating with their peers. Students learn how to take instruction from the teacher without parents, giving them an advantage when starting school.

Rising Stars Class Description

(Girls & Boys – Age 4 years old WITH OUT parent/guardian):

This class introduces and builds new skills on all the gymnastics events in a dynamic and age-appropriate environment. Parents/Guardians are not allowed on the gymnastics floor/equipment during this class. At this age, learning happens quickly as they start to work more independently. Through gymnastics, important life skills like taking turns, sharing and listening are taught to the gymnasts. Children will develop overall body control, coordination, balance and flexibility needed in all sports and extracurricular activities.