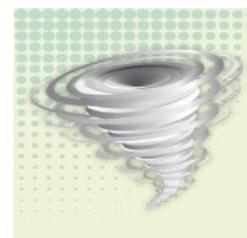
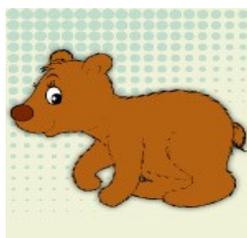
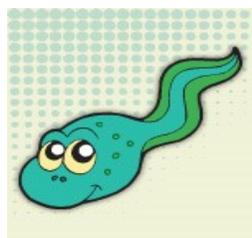


# PRESCHOOL GYMNASTICS

# AMERICAN TWISTERS

SUMMER CLASS SCHEDULE: Effective June 10th, 2019



## PRESCHOOL CLASSES

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>Kangaroos</b> Walkers-3 years old with a parent		10:05-10:50				9:15-10:00	
<b>Tadpoles</b> 2-3 year olds			10:05-10:50	10:05-10:50		9:15-10:00 10:15-11:00	9:30-10:15
<b>Cubs</b> 3-4 year olds	3:30-4:15 4:35-5:20	10:05-10:50 3:30-4:15 4:35-5:20	2:40-3:25 4:35-5:20	2:40-3:25 3:30-4:15 4:35-5:20	4:30-5:15	9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00	9:30-10:15 10:30-11:15
<b>Tigers</b> 4-5 year olds	3:30-4:25 4:35-5:30 5:45-6:40	3:30-4:25 4:35-5:30 5:45-6:40	3:30-4:25 4:35-5:30 5:45-6:40	1:15-2:00 2:40-3:25 3:30-4:25 5:45-6:40	4:30-5:25	9:15-10:10 10:15-11:10 11:15-12:10	8:30-9:25

## PRESCHOOL OPEN GYM (CO-ED)

Preschool open gym is available for walkers to 5 years old with a parent. All children at Preschool Open Gym must be accompanied by an adult. Open gym gives children and parents the opportunity to play, bond and explore our castle, trampolines, bounce house, and obstacle course in a fun, safe environment. Open gym is a non-instructional class.

**\*TUESDAYS through FRIDAYS 12:00-1:00\***

**\*\*A parent or guardian *MUST* be present in the gym during all preschool classes\*\***

# PRESCHOOL GYMNASTICS

## *Class Descriptions*

### **KANGAROOS** *walkers with a parent*

The Kangaroos class is designed to enhance fine and gross motor skills, body awareness and coordination while promoting physical, mental and social development. Music, basic gymnastics movements and games create a fun and healthy atmosphere for you and your child.

### **TADPOLES** *2 to 3 years old without a parent*

The Tadpoles class is open to boys and girls ages 2-3 who are ready to venture into the gym without parental assistance. This class is designed to further enhance your child's fine and gross motor skills, social skills, strength and coordination through the utilization of beginner gymnastics equipment and obstacle courses that emphasize climbing, hanging, jumping and rolling in a fun and safe environment.

### **CUBS** *3 to 4 years old*

The Cubs class is designed to further enhance your child's developing strength and coordination by introducing him/her to basic tumbling skills and gymnastics positions. Games, obstacle courses and music combine to create a fun and safe atmosphere.

### **TIGERS** *4 to 5 years old*

The Tigers class is designed to create a fun, safe and challenging experience for your child. He or she will learn basic gymnastics skills on age appropriate equipment, play games, conquer obstacle courses and learn beginner tumbling skills.

## **PRESCHOOL OPEN GYM**

### *walkers to 5 years old with a parent*

Preschool open gym is available for walkers to 5 years old with a parent. All children at Preschool Open Gym must be accompanied by an adult. Open gym gives children and parents the opportunity to play, bond and explore our castle, trampolines, bounce house, and obstacle course in a fun, safe environment. Open gym is a non-instructional class.

**Please note:** Most of our classes fill quickly. If a your first choice class is not currently available we will gladly place you on a waiting list for that class while your child participates in another class. Additionally, any classes that have low enrollment may be cancelled or combined with another class that is offered on the same day/time.