



## TumblebearGymProgram (Walking – 6 year-olds) Class Descriptions



Our philosophy for children ages walking – six years is to teach them gymnastics in a fun, safe environment, and enrich their self-esteem. We believe in a success-oriented program that achieves perpetual motion and shouts FUN. With our curriculum based on gymnastics and fitness, we can teach the basic physical skills while stimulating little minds to crave more learning and movement. Lesson plans are changed every two weeks for challenging fun. We incorporate nutritional information in an enjoyable manner to help fight childhood obesity.

**A bigger family discount** for gymnastics and dance – 15%. Only the largest tuition in the family pays full, all lesser tuition fees will be discounted 15%. No other local dance or gym school gives this large of a family discount. We LOVE families and want all the kids to be able to attend their favorite classes at Patti's All-American.

### **Baby Bears, 2 Bears & 3 Bears:**

#### **Walking – 47 months: Parent & Tot Classes (45 minutes)**

This class brings the parents onto the floor amidst the excitement in this child directed program. It's primarily for fun and parental/child bonding. Quality time for both is the key. Music and movement exploration is a major part of the curriculum. A small student/teacher ratio is kept for personal attention. Hand/eye coordination and ball handling skills are developed along with small motor development. It makes for a special time for the family.

#### **3 All Me - Age 3 & Potty Trained (teacher recommended) (45 minutes)**

This class is designed for the three-year-old who has previously attended our Parent & Tot classes and has good listening skills or is at least 40 months old. We'll keep a low ratio because the child will be on their own out in the gym working at stations and small circuits to further develop fine and gross motor skills.

#### **4 Bears - Age 4 & Potty Trained (45 minutes)**

This class is designed for development of gymnastics, hand-eye coordination, ball-handling skills, movement to music, and over-all fitness utilizing small motor equipment where students learn and have FUN. These Four Bears learn by achieving skills, which foster self-esteem. Having healthy learning attitudes is key during their formative preschool years.

#### **Junior Gym Prep - Ages 5 & 6 (60 minutes)**

This class is more skill-oriented. There is more structure with an emphasis on preschool gymnastics. Even though the "fun" themes such as Outer Space Week are not done, more skilled themes such as Balance Week and Cartwheel Week encourage greater gymnastics development. They use all the gymnastic equipment including uneven bars, balance beam, trampoline, and Tumbl-Trak.

#### **KarateBears - Ages 4- 8 (45 minutes)**

The Karate Bears program will help channel your kids energy in a productive manner! This class is for both boys and girls. We teach the children traditional values found in almost any martial arts system, such as respect for self and others, and self-discipline. In this class your child will develop strong motor coordination skills while exercising and having fun.

#### **LunchBunch – Ages 4-6 (2 hours)**

Every month at least one day we'll host a 2-hour mini-camp for your preschooler to eat lunch with their favorite teachers, do gymnastics, play games and make a craft.



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