

# Preschool Gymnastics Classes

## **PARENT TOT (AGES 18 MO - 3 YRS)**

This class requires that a parent assists and supervises their child in class. Under the instruction of a coach, children will use preschool-size equipment in the large gym to learn basic motor movement & gymnastic skills. Some of the gymnastics events taught are the bars, beam, floor, & trampoline. All skills will be presented in a fun & age appropriate manner & in a safe environment. Basic gymnastics/motor skills taught in this class include running, skipping, jumping, swinging, body positions, log rolls, forward & backward rolls, & tables. Children will also be taught basic social skills, such as listening, following instructions & sharing, as well as incorporating fun & learning into our activities (colors, shapes, animals, etc.). These classes provide a great opportunity for a parent & child to bond & participate in skills & fun activities together.

## **GYM JAMMERS (AGES 3 - 5)**

Students will dance and do gymnastics through this 1.5 hour class. They will explore ballet, creative movement, and gymnastics fundamentals. Students will also learn basic dance and gymnastics terminology, and enjoy fun games and music. Gym Jammers is open to boys and girls ages 3-5. Students must be potty trained.

## **GYM JAMMERS MINI (AGES 5 - 6)**

Class curriculum and structure will run consistent with Gym Jammers class description noted above. Gym Jammers "Mini" is open to boys and girls ages 5-6.

## **TWINKLING STARS (AGES 3 - 4)**

This class will push your child to continue to grow socially & physically. The emphasis of this class will be to learn more advanced skills on preschool-sized equipment, such as bars, beam, floor, vault, & trampoline. Cardio, balance, & strength work will be introduced using the rope, climber, & other equipment. Skills taught in this class include forward rolls, backward rolls, body positions, donkey kicks, cartwheels, various swings on bars, tables/bridge-ups & more. Students must be potty trained.

## **RISING STARS (AGES 4 - 5)**

This class will build upon the skills learned in *Twinkling Stars*. Students in this class will move at a faster pace & participate at a higher level & expectation. Students will continue to learn the skills taught in *Twinkling Stars*, but will focus on better technique & skill understanding. Students must be potty trained.

**PARENT & TOT (18 MO-3YRS)**

**MONDAY:**  
 (P) 9:00-9:45 am  
 10:00-10:45 am  
**TUESDAY:**  
 (P) 10:00-10:45 am  
**WEDNESDAY:**  
 9:00-9:45 am  
**THURSDAY:**  
 9:00-9:45 am  
 10:00-10:45 am  
**SATURDAY:**  
 9:00-9:45 am  
 10:00-10:45 am  
 (P) 11:00-11:45 am

**\*\*GYM JAMMERS (3-5)**

**TUESDAY:**  
 10:15-11:45 am  
**FRIDAY**  
 9:15-10:45 am  
**SATURDAY:**  
 (P) 11:15 am-12:45 pm  
 (P) 12:00-1:30 pm

**GYM JAMMERS MINI (5-6)**

**FRIDAY:**  
 12:30-2:00 pm

**\*\*TWINKLING STARS (3-4)**

**MONDAY:**  
 (P) 10:00-10:55 am  
 11:00-11:55 am  
 (P) 1:00-1:55 pm  
 (P) 2:00-2:55 pm  
**TUESDAY:**  
 (P) 9:00-9:55 am  
 (P) 4:30-5:25 pm  
 5:30-6:25 pm  
**WEDNESDAY:**  
 (P) 9:00-9:55 am  
 (P) 10:00-10:55 am  
 (P) 11:00-11:55 am  
 5:00-5:55 pm  
**THURSDAY:**  
 9:00-9:55 am  
 10:00-10:55 am  
 (P) 11:00-11:55 am  
 4:00-4:55 pm  
**FRIDAY:**  
 10:00-10:55 am  
 11:00-11:55 am  
**SATURDAY:**  
 9:00-9:55 am  
 10:00-10:55 am  
 11:00-11:55 am

**\*\*RISING STARS (4-5)**

**MONDAY:**  
 (P) 9:00-9:55 am  
 10:00-10:55 am  
 1:00-1:55 pm  
 (P) 2:00-2:55 pm  
**TUESDAY:**  
 (P) 10:00-10:55 am  
 1:00-1:55 pm  
 4:30-5:25 pm  
**WEDNESDAY:**  
 (P) 9:00-9:55 am  
 (P) 10:00-10:55 am  
 (P) 11:00-11:55 am  
 (P) 1:30-2:25 pm  
 4:00-4:55 pm  
**THURSDAY:**  
 (P) 9:00-9:55 am  
 10:00-10:55 am  
 11:00-11:55 am  
 4:00-4:55 pm  
**FRIDAY:**  
 (P) 10:00-10:55 am  
 11:00-11:55 am  
**SATURDAY:**  
 9:00-9:55 am  
 10:00-10:55 am  
 11:00-11:55 am

(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.  
 (\*) Represents a drop-in and pay per class. No enrollment required. (\*\*) Represents must be potty trained to attend this class

**CLASS & REGISTRATION INFORMATION**

**Session 1 runs for 10 weeks from January 6-March 16, 2019.**  
**(Gym closure January 1-5, 2019 for the winter break holiday)**

**Session 1 Tuition:**

45 Minutes/week.....	\$142.00	1 hour/week.....	\$170.00
1.5 hours/week.....	\$252.00	2 hours/week.....	\$320.00

**ANNUAL MEMBERSHIP FEE**

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

**FREE TRIAL CLASS & MAKE-UP CLASSES**

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

**REQUIREMENTS**

Parent Tot: Ages 18mo-3 yrs (accompanied by adult)  
 Gym Jammers: Ages 3-5 & potty trained  
 Twinkling Stars: Ages 3-4 & potty trained  
 Rising Stars: Ages 4-5 & potty trained

**FOR MORE INFORMATION**

Contact Member Services at 303-797-8082 or info@peakathletics.net. To contact the Preschool Recreational Gymnastics Director, please email **Alicia Akiyama** at aakiyama@peakathletics.net. Visit our website at: www.PeakAthletics.net.