

# 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.**

## TWIRLING TUMBLERS (AGES 3-5)

Students will dance and tumble through this 1.5 hour class as they explore ballet, creative movement, and Acro/Tumbling fundamentals. Students will also learn basic dance and tumbling terminology and enjoy fun games and music. Twirling Tumblers is open to boys and girls ages 3-5. Students must be potty trained.

**\*This class is held at our WEST BUILDING**

## 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.

## NINJA / TRAMP & TUMBLE (AGES 3-5)

This class will challenge your child to continue to grow socially and physically. The emphasis of this class will be based on balance/coordination, strength, flexibility, cardio, hanging movements and tumbling skills. In addition, students in these classes will work towards speed and accuracy through the circuits, and learning how to persevere and overcome challenges.

**\*See separate Ninja Tumble Class session flyer for class times**

## CLASS & REGISTRATION INFORMATION

**Session 1 runs for 10 weeks from January 7-March 16, 2024.**

**The gym will be closed on December 24, 2023-January 6, 2024 for Winter Break.**

### Session Tuition:

45 Minutes/week.....	\$183.00	55 Minutes/week.....	\$225.00
1 hour & 25 Minutes/week.....	\$320.00	1 hour & 55 Minutes/week.....	\$385.00

**\*Payment will be broken into two installments due January 3 and February 5.**

### (RR) REC REWARDS

Represents classes that will receive a Rec Rewards ribbon for their class participation at the end of the session.

### MAKE-UP CLASSES

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed within 60 days for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

### REQUIREMENTS

Parent Tot: Ages 18mo-3 yrs (accompanied by adult; adult must also sign waiver)

Twinkling Stars: Ages 3-4 & potty trained

Rising Stars: Ages 4-5 & potty trained

### ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$55 per student or \$80 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

### FOR MORE INFORMATION

Contact Member Services at 303-797-8082 or [info@peakathletics.net](mailto:info@peakathletics.net). To contact the Preschool Programs Director, please email **Alicia Akiyama** at [aakiyama@peakathletics.net](mailto:aakiyama@peakathletics.net).

Visit our website at: [www.PeakAthletics.net](http://www.PeakAthletics.net).

### IMPORTANT ADDRESS INFORMATION

#### Peak Main facility:

399 Dad Clark Drive, Highlands Ranch, CO 80126

#### West Building:

333 Dad Clark Drive, Highlands Ranch, CO 80126

*On occasion, for special events, classes may be relocated to the West Building. Notification will be given if there are any adjustments to be made.*



Class QR

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

**MONDAY:**

10:05-10:50 am

**TUESDAY:**

10:00-10:45 am

**THURSDAY:**

9:05-9:50 am

10:00-10:45 am

**SATURDAY:**

9:05-9:50 am

10:05-10:50 am

11:05-11:50 am

### TWIRLING TUMBLERS (3-5) (RR)

**TUESDAY**

(P) 10:15-11:45 am

**FRIDAY**

(P) 9:00-10:30 am

**SATURDAY**

11:15 am-12:45 pm

**IMPORTANT REMINDER:**

*Twirling Tumbler classes are held at our WEST BUILDING*

### TWIRLING TUMBLERS MINI (5-6) (RR)

**SATURDAY**

(P) 1:00-2:30 pm

**IMPORTANT REMINDER:**

*Twirling Tumbler classes are held at our WEST BUILDING*

### TWINKLING STARS (3-4) (RR)

**MONDAY:**

(P) 10:00-10:55 am

4:15-5:10 pm

**TUESDAY:**

1:00-1:55 pm

5:00-5:55 pm

**WEDNESDAY:**

10:00-10:55 am

4:00-4:55 pm

**THURSDAY:**

9:00-9:55 am

11:00-11:55 am

4:00-4:55 pm

5:00-5:55 pm

**FRIDAY:**

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) (RR)

**MONDAY:**

(P) 11:00-11:55 am

4:50-5:45 pm

5:30-6:25 pm

**TUESDAY:**

11:00-11:55 am

3:00-3:55 pm

4:00-4:55 pm

**WEDNESDAY:**

11:00-11:55 am

5:00-5:55 pm

**THURSDAY:**

10:00-10:55 am

4:00-4:55 pm

5:00-5:55 pm

**FRIDAY:**

10:00-10:55 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.

(\*) Requires approval from our Rec Director.

(\*\*) Represents a drop-in and pay per class. No enrollment required.

