

# Thunder Bay Gymnastics Association PRESCHOOL PROGRAMS

## ROLLIE POLLIE BABIES - 10 Months to 18 Months - 30 Minutes



•30 minute class designed to introduce infants to the world of gymnastics! Giggle, wiggle and enjoy physical movement with your developing baby. This is a class for parent and baby with direction from coach. As the classes progress, we hope that parents see changes in the infant's development. We would like to stress that all children develop differently, and there is a possibility of age differences between participants. Children will gain skills and develop at their own pace. We encourage parents to celebrate the positive steps and milestones made by baby. The primary focus of this class is to introduce babies to a new environment, while heightening senses such as touch and sound, as well as beginning to use TBGA's state of the art gymnastics equipment. Remember, this new experience can sometimes be overwhelming; do not become discouraged if babies become upset. As the session progresses and babies become more comfortable in the new setting, overwhelming feelings should subside.

## TUMBLE BUGS - 18 Months to 2.5 Years - 45 Minutes



•45 minute class designed to introduce your tot to the joy of movement through organized play, songs, games and circuits. Each child will experience different pieces of gymnastics equipment in a FUN and stimulating environment. Each week will be a new discovery; the coach will lead the children (and their care-giver) through different gymnastics circuits designed to safely introduce various movement patterns such as swinging, bouncing, rolling, jumping and climbing. Here, the groups will go through up to 4 (10 minute) circuits and practice the very beginner skills, ie: star stands, stork stands, log rolls, climbing, running, jumping, balance, motorcycle landings and just hanging on the bars in various grips. It is very important to remember that as parents, you are there to act as a comfort and/or support for your child. The primary goals for any parent & tot classes are to introduce the children to stay with the group, sharing, taking turns and listening to coach at an early age while being exposed to very basic gymnastics.

## BUSY BEES - 2.5 Years to 4 Years - 45 Minutes



•This is a 45 minute class designed to start teaching toddlers to be able to work more independently and listen to coach. The goal of this group is to have the coach get more involved in working with the little ones to focus on staying with the group, taking turns & sharing all while still continuing to work on previous skills learned as well as learning new ones. Certain elements of our circuits will be for the children to perform "on their own" or with assistance by the coach instead of the parent. By the end of the session, your child should be able to perform all elements of the circuits on their own, with you as parents, standing off to the side. Please keep in mind that there are always exceptions to any guideline as each child is different. Our coaches would never try to make a child do anything they don't want to do. The idea behind building independence is to have your child feel comfortable enough so they can follow instruction from coach, which will prepare them for our KinderGym program.

## KINDERGYM - 3.5 Years to 5 Years - 1 Hour



•This class is for preschoolers with the help of just a coach, parents are no longer permitted on the gym floor. Classes include basic movement patterns & introduction to basic gymnastics skills as well as variations to those skills. Improving strength, flexibility and self-confidence are emphasized through use of music, games and active participation. The focus in KinderGym is to develop a coach/gymnast relationship, without parental involvement. Just like in Busy Bees, dominant movement patterns will be taught. However, the coach will be assisting the child instead of the parent. The child may be unsure or fearful at first or second class. This is normal and the coaches are aware. Socialization skills will be stressed as the KinderGym's learn to work with others in a safe manner.

**NOTE:** All above classes are co-ed and with the exception of KinderGym require a maximum of only one (1) caregiver per child (two for twins) on the floor at all times.