



PRESCHOOL GYMNASTICS

18 months through 6 years

The Children's Gym is a non-competitive, co-ed recreational gymnastics program. Separated by age, preschool classes are designed to support the physical, social, cognitive, and emotional growth of students, while providing an engaging learning environment for gymnasts of all skills levels. Whether your child is brand new to gymnastics, or has been practicing for years, our preschool program will instill confidence, build strength, and develop a strong gymnastics foundation for your child.

Classes are designed with overlapping age groups to better accommodate students' unique developmental progression. If your child qualifies for 2 different classes according to their age, review the guidance at the end of this document to determine which class will be best.

Roli Polies

18 months – 3 years | 45-minute class

A wonderful energy outlet, Roli Polies is a parent participation class that introduces toddlers to the world of gymnastics. Through active play, exploration, and guided activities, your toddler will engage their imagination, improve body awareness, and build strength. The class gently introduces students to a structured environment, building socialization skills with instructors and peers, and promoting self-awareness, confidence, and independence.

Mini Movers 1

3 – 4.5 years | 45-minute class

A confidence and coordination building class, Mini Movers 1 introduces and develops the basics of gymnastics in a structured environment. With a low 5-1 student-coach ratio, this class is designed to support children that are new to a classroom environment or participating independently in activities for the first time. Students learn patience and control through structure and positive reinforcement and build confidence as they learn to master fun and age-appropriate gymnastics skills.

Mini Movers 2

4 - 5.5 years | 45-minute class

Building off the fundamentals learned in Mini Movers 1, Mini Movers 2 facilitates further skill development with a variety of engaging and imaginative activities. Students learn patience and control through structure and positive reinforcement, while also increasing

self-regulation and responsibility through independent practice. With a low 5-1 student-coach ratio, coaches are able to spend time with each student as they continue to build strength, independence, confidence, and coordination.

Tiny Tumblers

5 & 6 years | 55-minute class

Tiny Tumblers introduces and develops the basics of gymnastics in a structured, fun-filled, and active environment. This class is geared towards building independence and responsibility. With an 8-1 student-coach ratio, this class incorporates group activities, one-on-one instruction, and independent practice stations to increase coordination, strength, and flexibility. Students will develop self-regulation and build confidence as they master exciting, age-appropriate gymnastics skills.

Which class is best for my child?

Ages 4 to 4.5 | Mini Movers 1 vs. Mini Movers 2

We recommend Mini Movers 1 for students who...

- are new to The Children's Gym
- have not participated in other structured group classes
- are not fully comfortable separating from their adult

We recommend Mini Movers 2 for students who...

- were enrolled in a Mini Movers class for the majority of last season
- are accustomed to participating in a structured group environment
- can easily follow instructions and work independently

Ages 5 to 5.5 | Mini Movers 2 vs. Tiny Tumblers

We recommend Mini Movers 2 for students who...

- are new to The Children's Gym
- have not participated in other structured group classes
- are not fully comfortable working independently
- * Mini Movers 2 is a 45-minute class with a 5-1 student-coach ratio

We recommend Tiny Tumblers for students who...

- were enrolled in a Mini Movers class for the majority of last season
- are accustomed to participating in a structured group environment
- can easily follow instructions and work independently
- * Tiny Tumblers is a 55-minute class with an 8-1 student-coach ratio

