



145 Plaza Dr.
Westmont, IL 60559
(630) 325-3333

Preschool Class Descriptions



Parent-Tot

18-36 months

This class introduces children ages 18-36 months to gymnastics movement and exploration. Teachers guide this class, and will instruct parents on spotting techniques, partner activities and group games. Weekly lesson plans include activities that will help develop gross and fine motor skills, hand-eye coordination and balance. An excellent one on one bonding opportunity!



3 Year Olds

Our three year old classes are without parent participation, although we suggest parents stay close by in our observation area. The children learn introductory gymnastics skills on preschool sized equipment. All of the Olympic events (vault, bars, beam, floor exercise) are included in the weekly lesson plans in addition to trampoline, tumble tramp and pit. This is an excellent class for this age, as it re-enforces preschool skills like listening, following directions, line making and taking turns.



4-5 Year Olds

Get ready to jump, run and stretch! This class is for our most active friends. Because the children in this class are older, more advanced gymnastics skills are taught. Better listening is expected than in the three year old class. The class is a fantastic way to ensure Kindergarten readiness skills such as jumping, hopping, balance and coordination.



Kinderstars

Calling all Kindergarteners! This hour-long class focuses on more challenging gymnastics skills, listening and correction from teachers. Non-stop movement is what this class is all about! Similar to our other preschool classes, we learn skills on all the Olympic events (vault, bars, beam, floor) in addition to tumble tramp and pit. Bring lots of energy!