



Tiny Twinklers

***Recommended Starting age – 16 months up to 3 years**

*This Parent and Tot class is designed to introduce gymnastics equipment and basic skills needed to enhance development in many physical areas for ages 16 months to 3 years. These areas include: balance, spatial awareness, strength, flexibility, and coordination.

*One parent is required to participate with their child and join in on the fun. Our trained teaching staff will instruct you how to correctly spot your child on the equipment.

*This 45 minutes class will teach all the basic body positions for gymnastics as well as various jumps on the trampolines. Each class will have the opportunity to use the gymnastic bars that are specially designed for little hands. Boys and girls will enjoy using the rings and the parallel bars to increase upper body strength.

*This is a great opportunity for the parent to become familiar with gymnastics terminology as well as a wonderful bonding experience. All classes will be evaluated at the end of the session to see how your child has improved over the 10 week session. This class is a great start for young children as it will prepare them for Little Dippers.

*Other skills that will be taught: Donkey kicks, forward rolls, bear walk, spiderman holds, galloping, walking sideways on a beam, straddle jumps on trampolines, and walking in a straight line with classmates.

