

## Tiny Tumbles

**Location: GPCC**  
**Price: \$115 RES / \$144 NR**

**Kid & Caregiver 1** Ages: 18-30 months

**Fridays, 1/19-2/23**

11:00AM-11:30AM

Program #: 101103.06

Kid and Caregiver 1 introduces the very youngest gym-goers to gymnastics equipment and a class environment. This class aims to nurture child-caregiver connections, foster engagement with novel activities and settings, support the achievement of developmental milestones, and promote learning through play.

**Kid & Caregiver 2** Ages: 2 years

**Fridays, 1/19-2/23** 10:20AM-10:50AM

Program #: 101103.05

Kid and Caregiver 2 nurtures toddlers' expanding capabilities with age-appropriate challenges and increased class structure. This class aims to nurture both physical and social-emotional development, instill confidence, and equip children to participate in independent gymnastics classes.

**Kinder Gymnastics** Ages 5-6 years

**Thursdays, 1/18-2/22**

4:55PM-5:40PM

Program #: 101103.02

Kinder Gymnastics is designed for children who have no prior experience or are still at the beginner level. This class aims to introduce gymnastics basics, strengthen social skills, boost physical fitness, and equip students to move up to the Beginner/intermediate Gymnastics class.

**Beginner Gymnastics** Ages 7-10 years

**Thursdays, 1/18-2/22**

5:50PM-6:35PM

Program #: 101103.03

Beginner Gymnastics is designed for children who have no prior experience or are still at the beginner level. This class aims to introduce gymnastics basics, promote teamwork and sportsmanship, encourage evaluation of personal progress, boost physical fitness, and equip students to move up to the Beginner/intermediate Gymnastics class.

**Preschool Gymnastics** Ages: 3-4 years

**Thursdays, 1/18-2/22**

4:00PM-4:45PM

Program #: 101103.01

**Fridays, 1/19-2/23**

11:45AM-12:30PM

Program #: 101103.07

Preschool Gymnastics takes tykes to the next level by introducing more challenging skills and fostering continued development of social skills and autonomy. This class aims to introduce gymnastics basics, foster goal setting and teamwork, emphasize direction following, turn taking, and problem solving skills, and nurture both physical and social-emotional development.



**Beginner/intermediate Gymnastics** Ages: 5-10 years

**Thursdays, 1/18-2/22**

6:45PM-7:30PM

Program #: 101103.04

Students who are able to perform the listed prerequisite skills can participate in Beginner/intermediate Gymnastics, which is more technique-focused than Beginner Gymnastics and is designed for those with prior gymnastics experience.

Beginner/intermediate Prerequisite skills:

- Forward and backward roll
- Cartwheel
- 3/4 handstand
- Casts with belly off bar
- Pullover on bar with the help of a wall
- bridge with head off floor

**Siblings & Buddies Gymnastics** Ages: 18 months-5 years

**Fridays, 1/19-2/23** 12:40PM-1:25PM

Program #: 101103.08

Siblings & Buddies gives children the opportunity to learn and practice gymnastics alongside each other. With an adaptable curriculum, this class offers challenges of various difficulty levels to accommodate a variety of ages and abilities. Children enjoy interactive songs, explore exciting equipment, and learn fundamental gymnastics skills in a fun and safe setting. This class follows a semi-structured format, allowing children the freedom to participate in group challenges and instruction, practice skills independently, or simply explore a new environment.