

PRESCHOOL GYMNASTICS

(3½-5 YEARS)

ACHIEVEMENT PROGRAM

Your preschooler is gaining confidence, coordination, and independence – and Preschool Gymnastics is their first step into an independent My Gym class.

Classes include gymnastics stations, motor and strength relays, tumbling skills, and movement-based games designed to build strong bodies and confident movers.

WHAT IS MY GYMNAST LEARNING?

Through guided movement, repetition, and encouragement, your child practices listening, following directions, and moving their body with control – all while building confidence from trying, practicing, and feeling proud of what they can do.

Here's what they're working on:

- **Strength & coordination** through age-appropriate gymnastics and relays
- **Coordination & balance** through controlled movement and body awareness
- **Confidence & independence** as they learn to participate in class on their own

LEVEL UP CHALLENGES!

Preschool Gymnastics includes individual Level Up Challenges that celebrate each child's personal growth.

They'll even earn their first Level Up just a few weeks after starting class – a fun way to celebrate their early progress!

Each Level Up includes:

- Two physical skills performed to the best of their ability
- One "Good Citizen" question

When your child levels up, they'll earn a **new wristband and a certificate** to mark the milestone – a proud, confidence-boosting moment just for them!



IN EVERY PRESCHOOL GYMNASTICS CLASS, YOUR CHILD WILL:

- ✓ Strengthen their body through foundational gymnastics and tumbling
- ✓ Improve balance, coordination, and flexibility
- ✓ Practice listening and following directions in a group setting
- ✓ Build confidence through positive reinforcement and skill progression
- ✓ Leave class feeling proud, capable, and excited to return



WATCH US
IN ACTION

