

Giggle Worms

4-5 years

Children in this age group are now displaying marked growth in their social, emotional and physical self-confidence and self-esteem. They are able to handle more complex directions and have noticeably longer attention spans. Physically, they have mastered most all of the basic locomotor movements, including skipping. Because of their movement experience, they are noticeably stronger, more agile, more coordinated, and have a broad base of gymnastics skills. This sets the stage for considerable skill growth in gymnastics.

- Tumbling skills, preceded by locomotor movements, are introduced and mastered (galloping, cartwheels, run, jump, forward roll, etc.).
- Multiple skills are taught simultaneously, reinforcing the children's ability to handle more complex directions.
- More challenging gymnastics skills help children become stronger, more agile, more coordinated, and more self-confident.

Good Friends

5-6 years

The average 5-6 year old is very comfortable and confident in a structured class setting. At this age, the social aspect takes on a more important role as they become increasingly aware of each other and begin to compare themselves to and motivate their peers. This results in very "coachable" children who are able to follow complex directions, understand detailed and technical instruction and possess a noticeable eagerness to learn. Physically, the average 5-6 year old demonstrates a greater degree of body control, having the way for more advanced gymnastics skills.

- Because of the children's ability to understand more technical instruction, combined with their eagerness to learn, this program becomes more focused on learning gymnastics skills.
- Elements of the Primary School program are periodically implemented to further challenge the children—both physically and mentally.
- More challenging gymnastics skills build strength, agility, coordination, and confidence.



The Little
Gym[®]
Serious Fun.



LISTENING, COOPERATION, & COORDINATION.
OR TO THEM, PERFECTING THEIR

HIGH-FLYING ACT

The Little
Gym[®]
Serious Fun.

The Little Gym Ostrava
Švabinského 597/17 • 702 00 • Ostrava • t: 737 137 722
ostrava@thelittlegym.eu • www.ostrava.thelittlegym.eu



PRE-SCHOOL GYMNASTICS

The giggles and growth go HAND IN HAND

How do classes at The Little Gym fit with what your child is learning in pre-school or kindergarten? The Little Gym Pre-School Gymnastics classes are the jelly to pre-school's peanut butter! Learning is cleverly cloaked as fun to easily instill important developmental skills like sharing, taking turns, listening, and following directions. Creative weekly themes stretch children's imagination while they unknowingly learn skills that will benefit them at home, in the classroom, and beyond.

A 3 DIMENSIONAL LEARNING APPROACH

The 3D Learning approach to skill development means that every class we offer fosters growth in three holistic dimensions: Brain Boost, Get Moving and Life Skills. Read on to see how each dimension of learning helps your child grow into a well-rounded, well-adjusted child.



GET MOVING

- Strength
- Flexibility
- Coordination



BRAIN BOOST

- Spatial awareness
- Imagination development
- Math
- Languages skills



LIFE SKILLS

- Group integration
- Listening skills"



Funny bugs

3-4 years

At this age, children are ready to make a huge leap: participating in a structured class without parents. Developing a strong sense of self-confidence and eliminating the fear of failure are paramount. Having discovered the joys of independence, they're eager to "do what the big kids do". But they still learn best through play—"hands on" and movement activities. Their learning environment must be one in which structure, learning, movement, and play can co-exist together.

- Socialisation activities teach children how to function in a group, listen and follow directions, communicate with others, share, and take turns.
- Activities focused on emotional development build comfort in a group (without the parent), encourage risk taking and help children deal with success and failure.
- "Circuit" format ensures continual movement and minimizes waiting. Themes and themerelated music make each class a fun, learning adventure.
- More challenging, developmentally appropriate gymnastics skills build strength, spatial awareness, balance, overall body coordination, and self-confidence.
- "Free play and exploration" are incorporated into the learning time on the gymnastics equipment.
- Children learn and perform gymnastics routines for the parents during Show Week.