



## Preschool Gymnastics

**You and Me** - This class is recommended for children who can walk through at least 2 ½ years of age or until both **Kids World Gymnastics** and the child are comfortable taking a class without parent participation. **You and Me** is a class for parents to enjoy spending quality time with their child and help them develop motor skills and coordination. This class also provides children an opportunity to safely explore their environment and introduces them to physical activity. Children will learn body positions and basic gymnastics skills. This is also a great environment to introduce children to important social skills such as listening, taking turns and following directions.

**\*Please note that parent participation is required!**

**2 year old** - This class is recommended for children at least 2 ½ years old without parent participation. Not all 2 year olds will benefit from a class away from their parent. This class provides children an opportunity to safely explore their environment and introduces them to physical activity. Children will learn body positions and basic gymnastics skills. This is also a great environment to introduce children to important social skills such as listening, taking turns and following directions.

**3 year old** - This class is for children 3 years old. Children will learn basic gymnastics skills and improve fine and gross motor skills in classes that blend physical and social development. In addition to listening, turn taking and following directions, we will introduce gymnastics terminology, basic gymnastics skills and body positions.

**4 & 5 years old** - This class is for children ages 4 and 5. This class will work on further developing gross motor skills, body control and social interactions. Children begin to learn proper skill development, more gymnastics terminology and will begin to do more gymnastic skills independently. Your child will learn more of the fundamental gymnastics skills that will facilitate a seamless transition into our instructional program.

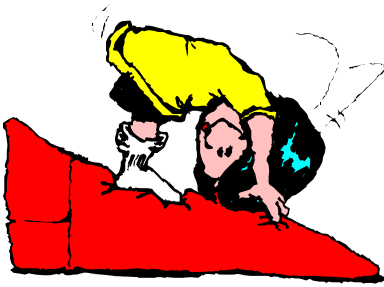
### PARENT ADVISORY

Please respect our age groups when registering. Attempts to fast track preschoolers can have negative implications to your child, the other children in the class and the teachers. This is the age to "love to learn" and to have multiple successes in a relaxed, fun, and loving atmosphere.

We want **Kids World Gymnastics** to be ***A World Where Every Child Can Succeed!***

8701 Dunn Rd. Hazelwood MO 63042 (314) 838-JUMP  
[www.kidsworldgymnastics.com](http://www.kidsworldgymnastics.com)

**ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CHECK WITH THE OFFICE TO SEE WHAT CLASSES ARE CURRENTLY AVAILABLE.**



**You and Me**

Monday	Wednesday
10:30 am	7:00 pm



**2 Years**

Wednesday	
5:00 pm	6:00 pm

**Children younger than 2½ should be enrolled in a YOU & ME class or a 2 year old class. No 2 year old will be allowed in a 3 year old class, unless they will turn 3 within the month.**

**3 Years**

Tuesday	Thursday
6:00 pm	6:00 pm

**4 & 5 Years**

Tuesday	Wednesday	Thursday	Saturday
1:00 pm		5:00pm	9:00 am
5:00 pm	6:00 pm	6:00pm	10:00 am
6:00 pm		7:00 pm	11:00 am

# **SPECIALTY CLASSES**

**Hot Tots - By Invitation Only - Gymnastics**

Hot Tots 1	Hot Tots 2
Tuesday 7:00 pm	Tuesday 7:00 pm