



PRESCHOOL GYMNASTICS SCHOOL YEAR SESSION



FALL: Sept. 5, 2023 – Jan. 28, 2024

SPRING: Jan. 29 – June 26, 2024

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TIME	MONDAY FALL: 15 weeks	TUESDAY FALL: 20 weeks	WEDNESDAY FALL: 20 weeks	THURSDAY FALL: 19 weeks	FRIDAY FALL: 18 weeks	SATURDAY FALL: 17 weeks
9:30 - 10:15	COZY 2's	CLIMBING 3's & 4's		COZY 2's		9:30 – 10:15 COZY 2's
10:15 – 11:00	COZY 2's ----- CLIMBING 3's & 4's	COZY 2's ----- CLIMBING 3's & 4's	(NURSERY SCHOOL GYM TIME)	COZY 2's	CLIMBING 3's & 4's	9:30 – 10:15 CLIMBING 3's & 4's
11:15 – 12:00	CLIMBING 3's & 4's	COZY 2's	COZY 2's ----- CLIMBING 3's & 4's	COZY 2's ----- CLIMBING 3's & 4's	CLIMBING 3's & 4's	10:45 – 11:30 CLIMBING 3's & 4's
12:45 – 1:30	CLIMBING 3's & 4's	COZY 2's ----- CLIMBING 3's & 4's	CLIMBING 3's & 4's	CLIMBING 3's & 4's	CLIMBING 3's & 4's	SUNDAY FALL: 17 weeks 9:30 – 10:15 COZY 2's
1:45 - 2:30	CLIMBING 3's & 4's	CLIMBING 3's & 4's	COZY 2's ----- CLIMBING 3's & 4's	COZY 2's ----- CLIMBING 3's & 4's	CLIMBING 3's & 4's	9:30 – 10:15 CLIMBING 3's & 4's
2:15 - 3:10	PRE-REC. 1 (Ages 4.5 - 5.5)	PRE-REC. 1 (Ages 4.5 - 5.5)	PRE-REC. 1 (Ages 4.5 - 5.5)	PRE-REC. 1 (Ages 4.5 - 5.5)	PRE-REC. 1 (Ages 4.5 - 5.5)	10:45 – 11:30 CLIMBING 3's & 4's
2:45 - 3:30	CLIMBING 3's & 4's	CLIMBING 3's & 4's	CLIMBING 3's & 4's	CLIMBING 3's & 4's	CLIMBING 3's & 4's	12:00 – 12:45 CLIMBING 3's & 4's

FEES (New students, please add annual \$50.00 Membership Fee for each child, valid through 5/31/2024.)



CLASS	15 weeks	17 weeks	18 weeks	19 weeks	20 weeks
45 min. PS class	\$532.50	603.50	\$639.00	\$674.50	\$710.00
55 min. Pre-Rec. 1	\$581.25	658.75	\$697.50	\$736.25	\$775.00



- * "CLIMBING 3's & 4's" classes are for ages 3 & 4.
- * PRE-REC. 1 classes are for ages 4-1/2 – 5-1/2, and for children with at least one year of experience in our Preschool Gymnastics classes, or demonstrated ability.
- * "Cozy 2's" classes are for 2-year-olds with a parent or caregiver.

SIBLING POLICY:

- Siblings are **NOT ALLOWED** to come to class.
- 10% discount for siblings or a second class.

MAKE-UP POLICY:

3 make-ups will be allowed per child per session. Please call or email to schedule, or request through the Customer Portal.

PRESCHOOL GYMNASTICS CLASS DESCRIPTIONS

Preschoolers love to run and jump and climb and roll, and World Cup Gymnastics is the perfect place to do it! Our Preschool Gymnastics program is designed to nurture gross motor development, focus your preschooler's abundant energy, and introduce your child to the wonderful sport of gymnastics. We provide a safe and fun-filled environment in which we educate each student in age-appropriate gymnastics skills. Our staff is trained to help every child have fun and feel successful as he or she learns and grows.

Preschool Gymnastics classes are 45 minutes long. We begin with a 10-15 minute warm-up during which we prepare the gymnast's body for exercise and introduce, master, and review new skills each week. The class continues with rotations through two obstacle courses designed to develop each child's balance, strength, flexibility, and gymnastics skills. We wrap up with a "Shake your Sillies Out" song and dance, as well as stamps. Each child also receives a World Cup Gymnastics coloring page related to the gymnastics theme of the week. The obstacle courses and gymnastics events change throughout the session, so that every child gets a well-rounded introduction to gymnastics, and to the basic skills needed to excel in this amazing sport!

TWO-YEAR-OLDS:

An innovative introduction to the world of gymnastics, in Cozy Twos your child will begin to learn the fundamental skills involved in gymnastics. With an adult participant, your child will discover body awareness, basic gymnastics positions, and gymnastics terminology. The Cozy Twos class is full of opportunities for your child to roll down wedges, swing on the bars and rings, jump on trampolines, and explore a variety of colorful and creative obstacle courses.

THREE-YEAR-OLDS:

Young gymnasts will find this class an exciting opportunity to grow in their gymnastics ability and self-discipline. Three-year-olds are in the gym without an adult participant for the first time, expanding their sense of independence and self-confidence. Your child will be encouraged to take turns, follow specific directions, and participate in group activities - while he/she continues to master our gymnastics theme-based obstacle courses. Further, our staff will emphasize the gym's safety rules, in addition to helping each student grow in their love and respect for the sport of gymnastics!

FOUR-YEAR-OLDS:

Both beginner and experienced four-year-olds will be challenged in this class, as the instructors adapt the obstacle courses to meet the skill level of each individual student. Using a combination of preschool and competitive equipment modified for your child, each student will expand their understanding of the sport of gymnastics while building the confidence that comes from completing more advanced skills without the assistance of an instructor. The concepts of balance, strength and flexibility will continue to be emphasized while we also begin to focus more on form.

PRE-REC I (4 ½ – 5 ½ year-olds)

Instructor approval is preferred for this 55-minute class, as well as one year (2 sessions) of prior World Cup Preschool Gymnastics experience. It is designed for Preschoolers who are ready for more of a challenge. Rather than utilizing World Cup's preschool gymnastics obstacle courses, these gymnasts will increase their self-discipline and independence as they take turns using competitive gymnastics equipment to practice their skills. This class is structured like a Recreational class, and will focus on building the strength, coordination, flexibility and discipline needed to master the skills taught in Rec. 1.

