

Tiny Tumblers Class Descriptions

Kid & Caregiver 1 - 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 - 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.

Preschool Gymnastics - 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.

Kinder Gymnastics -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 Beginnermediate Gymnastics class.

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

Beginnermediate Prerequisite skills:

- Forward and backward roll
- Cartwheel
- kick to handstand against the wall
- bridge with head off floor

Beginner Gymnastics - 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 Beginnermediate Gymnastics class.

Open Gym- Come practice your skills or enjoy a space for exploration and play at our unstructured open gym session. For those enrolled in classes or interested in what Tiny Tumblers has to offer.