



www.allaroundgymnasticacademy.com

Is your child ready for Little Explorers?

This class is designed for *you and your child* to work closely together and connect in a new and special way.

Beginners 30 minutes

Under 2 years old:

Must know how to walk

Less Structured Obstacle course

With Guardians Full Participation

- Children will be exposed to the basic skills of gymnastics on a **FUN** obstacle course, with full help of a guardian.
- Make new **FRIENDS** while having circle time
- Have an opportunity to **JUMP** on the trampoline, and into our huge foam pit
- **HANG** like a monkey on the bars and rings
- **BALANCE** on our preschool balance beams
- Learn **HAND/EYE** coordination with fun filled weekly activities

What is the guardians' role? Full participation is required while helping your child stay focused on the task at hand in order to enjoy the class to its full potential.

Come and connect with your child in a new and special way.

With the help of you and the coach, your child will have a lot of fun and a successful year!

When you become an A.A.G.A. Little Explorer

Children will learn to climb, tumble, balance and roll safely around a fun filled obstacle course, while working in a group with their peers. 30 minutes are filled with a lot of physical education and fun while building self-confidence and making new friends.

It is important that your child gets the most out of our program safely!

This is where you come in:

We cannot express the importance of your participation while in the gym.

Please come in prepared to be hands on by:

- Dressing appropriately
 - You will be sitting on the floor
 - Running or walking around the gym
 - Playing games with your child
- Follow directions and be attentive as if you are in the class
 - Full participation with your child is needed throughout the class
 - Keep your child with their group and on task
 - Change activity with the coach when asked
 - Stay within arm's reach of your child at all time

Remember: You are your child's first teacher! When they first come in, they may be shy of their coach. You are their safety net. It is important you are by their side making them feel comfortable during class.

Thank you for helping! A.A.G.A Preschool Staff