

Benefits of Preschool Gymnastics

In addition to promoting life-long athleticism, coordination, strength, stamina, flexibility, speed, balance, power, discipline, and a multitude of other life-enhancing qualities, **GYMNASTICS** is the **BEST** foundation for success in all other sports as well! Starting children in gymnastics at very young ages (ages 1-4) facilitates early intellectual and nervous system development at a time when such development is most crucial! The challenging gross motor movements of early gymnastics are the types of activities that enhance and maximize communication between brain hemispheres and may decrease ADHD symptomology and other neurologically-based or sensory processing disorders. This is exactly why **GYMNASTICS** should be incorporated into **EVERY** preschoolers' schedule—as a way to help them function at optimal levels for the rest of their lives!

For those continuing gymnastics past their crucial early formative years, gymnastics offers one of the most complete and comprehensive "lifestyle exercise programs"

Trinity offers a loving, caring environment dedicated to the development of your children

available anywhere. The healthy life-style habits children develop through their ongoing involvement in **GYMNASTICS** increases their self-confidence, hard work ethic, goal-setting, discipline, politeness, respect, courage, determination, and perseverance.

Our loving, caring, professional staff at **Trinity Academy of Gymnastics** considers it a privilege and stands ready to set **YOUR CHILD** up for success by fulfilling our motto: "Training Champions in Body, Mind & Spirit!"



Trinity Academy of Gymnastics

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Trinity Academy of Gymnastics

Preschool Program Overview



Training Champions in Mind, Body & Spirit

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Call 847-854-8518 to set up your class!



Trinity Academy of Gymnastics Preschool Classes

Parent & Tot Class—This program offers the parent and child the opportunity to experience a wide range of activities while being introduced to the sport of gymnastics. Classes are designed to help children begin developing balance, strength, flexibility and coordination by climbing, crawling, swinging and jumping. This class will also teach the basic fundamentals of waiting your turn, standing in line, following obstacle courses independently and staying with the instructor (group). This class is co-ed. Recommended age: Walkers to 3 year-olds.

Preschool ratio is ALWAYS six kids to one instructor

Preschool Classes

Little Stars—This class is for children who are ready to enjoy learning independently. Children will continue to develop balance, strength, flexibility and coordination through activities on the trampoline, tumble track and floor. They will also be introduced to new gymnastics skills, such as forward and backward rolls, cartwheels, balance beams and rings in a fun and safe environment. No parent required in this class. This class is co-ed. Recommended age: 3—4 year-olds.

Jump Start—This program will introduce your preschoolers to more advanced gymnastics in a fun and positive atmosphere. Your little one will start learning the beginner stages of tumbling and experience all the different gymnastics apparatus along with increasingly challenging activities on the tumble floor, balance beam, bars, trampoline and vault. Emphasis is placed on proper form and technique to build a strong foundation. This class is co-ed. Recommended age: 4 to 5 year-olds.

Boys Super Stars—Super Stars is a boys class for kids who are intermediate preschool levels. They begin to work on all of the bigger equipment along with learning the boys USAG level 1 skills. Recommended age: 4 to 5 year-olds. (Invitation only)

Little Tumblers—A fun and active class where preschoolers learn the basics of tumbling with a focus on form and alignment. Skills introduced include forward and backward rolls, cartwheels, back-bridges and much more! Recommended age: 4 to 5 year-olds.



Preschool Classes

Girls Super Stars—Super Stars is a girls class for kids who are intermediate preschool levels. They begin to work on all of the bigger equipment along with learning more advanced skills and technique. Recommended Age: 4—5 year olds (Invitation only)

Girls Flippers—Little Flippers is a girls class that is for kids who are advanced preschool/ kindergartners. They begin to work on all of the bigger equipment along with learning the girls USAG level 1 skills. Recommended Age: 5-6 year olds. (Invitation Only)

Little Warriors—Little Warriors is a parkour (ninja warrior) program. It is high energy and quick moving. Children begin to work on different obstacle courses, balancing, running, climbing and different kinds of flipping (rolling). Be prepared for your child to be tired! This class is co-ed. Recommended ages: 3—5 year olds



Come and meet our USAG Certified Coaches!

Trinity offers free trial classes. Try a variety before you decide what is the best fit for your preschooler.