

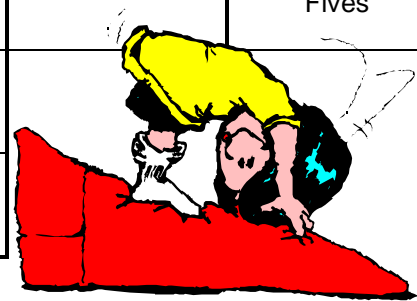
TumbleBee Fours, Fives, & Jr. GymStars

Summer 2012 • Airborne Gymnastics & Dance

TumbleBee Parent/Tot and Pre-school Gymnastics Classes

Our TumbleBee classes are designed to raise children's confidence levels by encouraging them to go beyond their own expectations, and to develop their kinesthetic awareness and overall coordination. We do this through the sport of gymnastics by using specially-adapted and sized gym equipment where necessary and age-appropriate teaching methods. The loving and caring environment created by our qualified staff allows each child to feel secure and progress at his or her own pace. Our progressive skill-level instructional programs help build your child's confidence, self-esteem, and physical skills. Our circuit method of instruction keeps our classes moving — nobody gets bored waiting — and allows each child to focus on him or her self. Our group classes introduce students to other children their age and help build social skills.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Saturday</i>
9:00-10:00 Fives	12:30-2:00 TumbleBee Open Gym	9:15-10:00 Fours	12:30-1:15 Fours & Adv Fours	9:00-9:45 Fours
10:00-10:45 Fours	3:45-5:00 DanceNastics Ages 4-5	9:50-10:50 T&T ages 5-7		9:50-10:50 Fives
1:45-3:00 DanceNastics Fours & Fives	4:00-5:00 Fives & Jr GymStars	10:00-11:00 Fives	4:15-5:00 Fours & Fives	
	6:00-6:45 Fours & Fives	11:00-12:00 Jr GymStars	5:10-6:10 Fives & Jr GymStars	



Summer Class Structure During the summer months, we combine some classes so that we can offer a variety of time slots for each age group, and still have two-group classes. We like to have two groups during each class, so students can work with different teachers and students. Classes warm-up as a group, then split into two groups for the event circuits.

Five year-olds have a choice of taking a 45-minute class or a one hour class. We recommend that younger fives take the 45-minute classes, and older fives sign up for the one hour classes.

TumbleBee Fours Our four year olds will work on basic gymnastics skills, such as handstands, cartwheels, forward and backward rolls on floor and beam, and basic swings and strength moves on bars. The fours class warm-ups are 10 minutes long, followed by three different event circuits each week. Class circuits change from week to week, and may include trampoline, balance beam, floor, bars, vault, rope, and trapeze. Each event circuit consists of 4-6 stations which the gymnasts will move through working on different skills at each station.

Socially, these students will learn to participate in a group warm-up, interact with instructors, and share equipment. Our fours are also learning to wait for their turn in circuits, follow simple instructions, and improve Kindergarten readiness skills. These classes are 45 minutes long. We recommend 1-2 classes per week.

TumbleBee Fives Five year olds will continue to work on the basic gymnastics skills that are introduced to the fours classes, as well as work on improving their strength and flexibility. The fives class warm-ups are 15 minutes long, followed by three or four different event circuits each week, much like the fours classes. Each event circuit will consist of 5-6 stations, which the gymnasts will move through, working on different skills and strength at each station. These classes are 60 minutes long. We recommend 1-2 classes per week.

Junior GymStars are for 6-year-olds, and 5-year-olds with instructor approval. These classes prepare students for the physical and emotional challenge of our GymStars program. During the course of the year, we will begin changing warm-ups and removing props and visual aids as the students get closer to joining GymStar classes. The Junior GymStars class warm-ups are 15 minutes long, focusing on proper stretching techniques and learning focus skills for the week. Warm-ups are followed by 3-4 event rotations. These students will continue learning more gymnastics skills and also building strength and improving flexibility. These classes are 60 minutes long. We recommend 1-2 classes per week.

We also have **Special Needs Classes** on Saturday mornings. Please call the office and leave a message for Denise for more information.