

PRESCHOOL MISSION

Building a child's confidence and self-esteem through a fitness geared program.

Realizing that this may be a child's first exposure to "school", we make a consistent attempt to have it be a positive experience! By keeping our student/teacher ratio low, effective instruction and care for each child is ensured. Our program includes lessons on all gymnastics apparatus modified to the special needs of the preschooler. We have two primary goals: 1) to reach each child's confidence level and, 2) to develop awareness, fitness, and coordination. Great care will be taken that the two primary goals have been accomplished before the secondary goal of skill refinement is undertaken.

PRESCHOOL OBJECTIVES

Gross-motor coordination is developed through the use of balance beams, mini-tramps, bars, rings, tunnels, padded vault, and tumbling mats to name a few items. Cooperative group activities are included in our curriculum (parachute, games, etc.). Eye-to-hand coordination is developed by attempting bean bag tosses, hoops, balls, etc. One of the highlights of our program is the use of musical activities during warm ups and during class. Using music within our lesson plan aids the children in improving their rhythm and listening skills.

One of the most challenging objectives is to have a child behave in a controlled atmosphere (following directions, waiting their turn, paying attention, etc.). We have created structured, progressive, and unique lesson plans for the child to grow through appropriate developmental stages. Safety consciousness is a top priority of every staff member and is re-enforced with our students on a daily basis. Children will learn the basics of exercise (warm-up, stretching, skipping, jump roping), and the importance of exercise through gymnastics. The variety in our activities maintains children's enthusiasm while building strong minds and bodies.

When guided properly during childhood years, children develop their optimum fundamental movement skills. These are critical learning periods in a child's life. In order to maximize these times, our curriculum coordinates skills and activities with the appropriate developmental stage of your child's life!