

- Group activities that incorporate simple sets of directions and introduce new manipulative equipment develop listening skills, group cooperation and dexterity.

## Beasts

### Toddler (19 months–2.5 years)

Children in this age group are on the move: quicker, stronger and faster. They're ready to learn more complex movements in the "vertical world": introductory sports skills, locomotor skills with perceptual challenges, jumping off raised platforms onto their feet, creative movement challenges, and beginning tumbling skills. These toddlers also begin to develop a greater understanding of "self" and experience feelings of pride, confidence, embarrassment, and independence. They are also becoming great users of language, speaking and understanding more clearly. With their newfound sense of independence, they are interested in following directions and doing things by themselves.

- Warm up and group activities incorporate animal movements, tumbling skills, sports skills, and motor perceptual challenges.
- Safe risk taking opportunities and success oriented activities that children can perform on their own establish a strong foundation of self-confidence.
- Children are given more opportunities to listen and follow directions.
- New, more challenging developmentally appropriate gymnastics skills build strength, spatial awareness, balance, overall body coordination, and self-confidence.

## Super Beasts

### Toddler (2.5–3 years)

Children in this age group are highly socialised and have an increasing ability to follow more complex directions. As their sense of independence and confidence soars, they are on the cusp of becoming self-sufficient with only an instructor. They are able to perform more complex locomotor skill variations, gymnastics skills and beginning sports skills as they increase their strength, speed and coordination.

- Periodically, more structured activities, such as group games or activities, are performed without parents. This challenges the children's ability to follow a set of directions and to function and work together in a group without parental support. This helps prepare the children for the 3-4 year old class: a structured class without parents.
- Group activities incorporate fundamental sports skills such as kicking, throwing, catching, and striking.
- New and more challenging developmentally appropriate gymnastics skills build strength, spatial awareness, balance, overall body coordination, and self-confidence.



**The Little Gym**  
Serious Fun.



**NURTURING EARLY DEVELOPMENT, CONFIDENCE,  
SOCIALISATION AND EXPLORATION,  
ALL WHILE JOINING IN ON THE SPIRIT OF**

# ADVENTURE

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**PARENT / CHILD CLASSES**

# Ohhhh AHHHH

Those aren't mumbling's from your precious little one. They're actually the exclamations of amazement you'll make once you see all your child can achieve. From baby to toddler, our Parent/Child Classes will promote early development and provide a strong foundation for your child during the first 3 years. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth. And for you, well, you're along for the ride: celebrating every discovery with smiles, hugs and the occasional adult-sized giggle.



## A 3 DIMENSIONAL LEARNING APPROACH

The 3D Learning approach to skill development means that every class we offer fosters growth in three holistic dimensions: Brain Boost, Get Moving and Life Skills. Read on to see how each dimension of learning helps your child grow into a well-rounded, well-adjusted child.



### GET MOVING

- Muscle control
- Coordination
- Motor skill development



### BRAIN BOOST

- Color recognition
- Language development
- Number & letter recognition



### LIFE SKILLS

- Independence
- Sharing
- Cooperation



## Bugs

Infant (4-10 months)

At this age, the average infant has an awareness of their environment: noises, music, people, etc. Their brain is developing at an extremely fast rate, taking in and processing massive amounts of information. Children at this age first learn how to roll from the back to tummy and begin pushing their chest from the ground (4-6 months), try to crawl (7-9 months), and enter the pre-walking phase (10-12 months). Alongside these developmental milestones, infants attempt finemotor movements such as reaching and grasping for objects, waving and clapping.

- Group activities introduce children to each other and adults.
- Activities set to music introduce rhythm, body awareness, language, and number concepts.
- Parent/child exercises promote core body strength (torso, arms, legs) and prepare children for crawling and walking.
- Modified, developmentally appropriate gymnastics activities develop strength, body and spatial awareness and balance.
- Ball and bubble activities facilitate hand eye coordination.

## Birds

Infant/Toddler (10-19 months)

By this age, most children are moving: walking or soon to be. Whether "vertical" or "horizontal", children now have the ability to explore their environment and, in the process, can learn to problem solve, take risks and establish a sense of independence. They are also beginning to speak, enjoy being around other children and can start following simple directions. Their increased dexterity, strength and more proportionate bodies allow them to learn and perform more advanced physical skills.

- Gymnastics equipment creates opportunities for exploration, problem solving and risk taking.
- More advanced, developmentally appropriate gymnastics skills and locomotor activities (running, galloping, jumping) develop strength, body and spatial awareness and balance.

