

“Leap into Learning & Fitness”
with
Freddie and Frannie

Open Pond

Thursday, Friday and Saturday

mornings from 9am—11am

\$6 per child ages 6 months to 4 years

Come explore, climb, and play with your little one in our clean, safe, kid friendly environment. All children between the ages of 6 months—4 years are welcome to come join in the fun! Play time is staff supervised and will allow you to be directly involved in the growth and development of your child. A safe zone is provided for non-mobile children, and mobile children are able to explore the gym with their parent.

Schedule subject to change



We are “LEAPS” and bounds above the rest! Don’t miss out on your chance to provide your child with a quality preschool gymnastics program!

**Call today for a
FREE trial class!
828-328-3794**

Class Schedule & Fees

	2yrs old					3yrs old					4yrs old				
	M	T	W	TH	S	M	T	W	TH	S	M	T	W	TH	S
9am															
10am															
11am			*												
1pm						*		*			*		*		
3:30							*					*			
4:30									*		*			*	
5:30	*	*				*	*		*		*			*	
5:45															
6:30		*				*	*				*	*		*	

“All Classes subject to change”

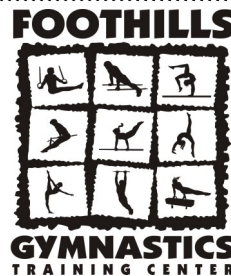
\$35 Registration Fee per child

Tiny Leapers/2 yr old adult participation class:

\$45 per month

Mighty Leapers/3 or 4 year old: \$50 per month

(1) 45 minute class one day a week



**FOOTHILLS
FROG-NASTICS**

Foothills Gymnastics Training Center

920 29th Ave NE

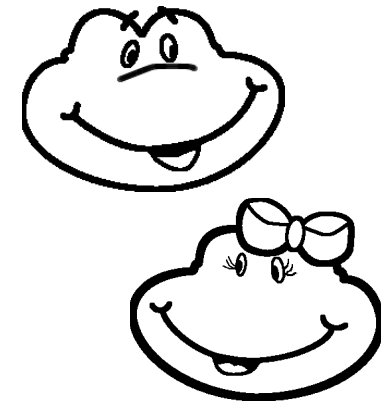
Hickory, NC 28601

office@foothillsgym.com

PRESCHOOL PROGRAM

Ages 2 years to 4 years

**“Leap”
Into Fun with
Foothills
Frog-nastics!**



**FOOTHILLS
FROG-NASTICS**

828-328-3794

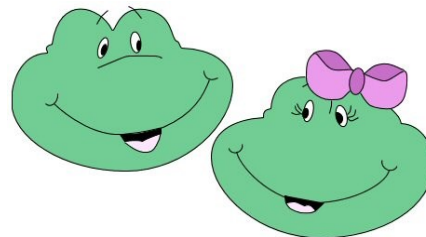
What is Foothills Frog-nastics?

This program is a theme-based, age specific, lesson plan curriculum that accommodates children from ages 2 years through 4 years old. We are dedicated in providing a quality preschool program at Foothills Gymnastics.

Our "Tiny Leapers" class is for ages 2 to 3 years old. It is a forty-five minute adult/child class with a ratio of 8 to 1. This class offers movement with music, an obstacle course, and two gymnastics events each class time. With concentration on very basic gymnastics skills your tiny leaper will develop body and spatial awareness, hand-eye coordination, balance, and upper body strength. We also strive to expose your child to colors, numbers, shapes, and letters throughout their class time.

Our "Mighty Leapers" classes are for 3 year olds and 4 years olds. It is a forty-five minute class with a ratio of 6 to 1. This class offers a musical warm-up, and three gymnastics events each class time. There are also group games and activities planned to teach "life skills" such as sharing and good sportsmanship. Through learning gymnastics body positions and technical skills, our mighty leapers will develop their over-all body control, coordination, balance, flexibility, and upper body strength to prepare them for our progressive gymnastics program.

All of our Frog-nastics classes are structured to help our preschoolers develop physically, mentally, and socially. Through a wide variety of activities we are confident they will learn how to listen, follow directions, and respect others.



Our ultimate goal is for our preschoolers to be active, have a "**FUN**" experience, and develop a positive self- image!

Benefits of Preschool Gymnastics provided by USA Gymnastics:

- **Fitness**- experiencing fun associated with fitness early in life can create life-long positive fitness habits.
- **Mental Focus**- being able to concentrate and achieve goals.
- **Balance**- walking beams can transfer to riding a bike.
- **Social Skills**- learning to take turns and share.
- **Strength**- climbing on bars and ropes develops muscle strength.
- **Flexibility**- improved range of motion through stretching and holding body positions.
- **Coordination**- hand-eye coordination improves writing ability while eye-tracking improves reading readiness.
- **Burn Calories**- help jumpstart a life of fitness.

The Sport of All Sports.....

Gymnastics prepares kids for ALL sports!