



PRE-K

classes & programs

CORE CLASSES

Full of movement, learning, and laughter, each level features a fun, progressive curriculum designed to develop age-appropriate skills. As your child advances through the program, you'll see noticeable growth—and a gigantic, proud grin—with each new achievement!

3 YEARS

Pre-K 1: Funny Bugs (3 years)

- ★ Blend of structured learning and exploration to enhance spatial awareness and early problem solving
- ★ Strong focus on building new friendships and independence
- ★ Recreational gymnastics skills help to develop strength, balance and flexibility

4 YEARS

Pre-K 2*: Gigggle Worms (4 – 5 years)

- ★ Curriculum is designed to create a progressive skill growth path for your child
- ★ Engages the imagination to inspire creativity and reinforce listening skills
- ★ Builds social skills in a group setting with a focus on following instructions

5 YEARS

Pre-K 3*: Good Friends (5-6 years)

- ★ Improves sequential memory skills through learning more complex skill combinations
- ★ Boosts confidence through independent skill growth and teamwork
- ★ Progresses tumbling skills and improves flexibility and body control

6 YEARS

DANCE CLASSES

- ★ Fundamental dance skills, from traditional ballet to jazz and hip hop
- ★ Directive music and creative movement emphasizes rhythm, muscle memory, and counting
- ★ Follows a sequential skill growth path to help develop a love of dance and performance

SPORTS CLASSES

- ★ Foundational sports drills
- ★ Emphasis on soccer, baseball, basketball, football, golf and more
- ★ Fun and creative Learning Units foster teamwork and sportsmanship



PRE-K CLASSES FOCUS ON:



GET MOVING: Strength, flexibility, coordination



BRAIN BOOST: Spatial awareness, imagination development, math and language skills



CITIZEN KID: Group integration, listening skills



“
YOU DON'T HAVE TO
BE THE BEST
YOU JUST HAVE TO
TRY YOUR BEST”

Robin Wes, Founder
The Little Gym

THE LITTLE GYM STORY

Over 40 Years of Serious Fun.

The Little Gym began as the idea of one man who wanted to do something significant for children. Robin Wes, a musician, former gymnast and kinesiologist, created The Little Gym concept in 1976 to help children develop vital motor skills in a fun, musical and noncompetitive environment. Robin envisioned a nurturing place where children could reap the benefits of physical activity, while enhancing their social, emotional and intellectual skills. Over 40 years later, children in more than 400 locations across six continents experience the Serious Fun of The Little Gym.