

Parent Child

classes & programs

CORE CLASSES

From infant to toddler, you'll be amazed by what your child can achieve. Parent and child classes promote early social and physical development, provide a strong foundation for your child during their critical first 3 years, and create a fun space for you to share in the excitement (and exhaustion!) with other parents.

4 MONTHS

Bugs (4 - 10 months)

- * Your baby will engage in exercises that help develop the muscles necessary to sit-up, crawl, and stand
- * Class activities will get those little arms clapping, waving, reaching, and grasping
- * Bugs will develop socialization skills while working on eye contact, smiling, and babbling with other babies

10 MONTHS

Birds (10 - 19 months)

- * Class activities develop balance, body and spatial awareness and will take your child from crawling and walking all the way to running
- * Gymnastics equipment provides a safe space for your child to explore, take risks, and practice independence
- * Group activities help to develop communication skills, direction following, and a love of learning with other babies

19 MONTHS

Beasts (19 months - 2.5 years)

- * Group activities incorporate physical skills that will help your child go from walking and running to jumping and galloping
- * Structured lessons will provide opportunities to take risks and develop a love of learning through play
- * Your child will develop language and communication skills through fun activities with other busy toddlers.

2.5 YEARS

Super Beasts (2.5 - 3 years)

- * More challenging and developmentally appropriate physical skills will help to build your child's strength, coordination, and self-confidence
- * Your child will practice following more complex directions and will build cooperation skills while working with others in a small group format
- * Gain independence and confidence to prepare your child for Pre-K classes without (!) parents

3 YEARS

DANCE CLASSES

Dance: Jazzy Beasts (2 - 3 years)

- * Learn basic dance moves and ballet steps as you and your child whirl and twirl in solo, group, and partner dances
- * Spend time in the gym working on complementary gymnastics skills like balance and coordination

SPORTS CLASSES

Sports: Sporty Beasts (2 - 3 years)

- * Introduce your child to fundamental sports skills with an emphasis on soccer, t-ball, basketball, and ball handling activities
- * You and your child will practice skills to improve hand-eye and foot-eye coordination like throwing, catching, and kicking



PARENT/CHILD CLASSES FOCUS ON:



GET MOVING: Muscle control, coordination, motor skill development



BRAIN BOOST: Color recognition, language development, number & letter recognition



CITIZEN KID: Independence, sharing, cooperation



“
**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.