

Creative Gymnastics

(269) 651-4223



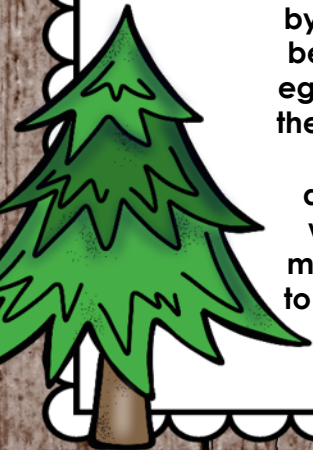
Who's Ready for a WILD Time?

Another amazing lesson plan has been set up in preschool room for the month of January! Additional gymnastics stations will be introduced in mid-January to keep the lesson plan exciting! This month special theme is: Animals in Action!

Balancing and Concentration:

Imagine... Stepping over baby chickens on balance beam so you can stick feathers on the big chicken hanging on the wall!

You'll see us working the mid-line by walking backwards on the low beam and placing giant chicken eggs from one side of the beam to the other. We'll use a pool noodle to track and push a stuffed animals across the beam while walking in relevee. These and many more stations will be set up to help develop your child's body awareness, concentration & balance!



Strength & Determination

Students will have a blast while getting stronger and stronger...

On bars we'll be swinging like monkeys over the shark pit, moving sideways across parallel bars like crabs, holding a pike position on the rings while giving stuffed animals a fun ride on our laps and much more!

For extra fun, we'll climb the big red ladder and place tree living animals on the giant tree!



Imaginations in Full Blast!

We'll be working cartwheels over Teddy Bears, stretching tall in our Handstands like proud giraffes, forward & backward rolls like round roly poly bugs, jumping & flying safely into the deep foam pit like our favorite bird and so much more! Bear walks, crab walks, seal crawls and other animal movements will be explored & developed as well. Our energetic warm up music and mid-class music will all follow our special Animal theme.

We can't wait to share the fun with your child, it's sure to be a WILD time! Some of these Animal Action stations will be set up at Saturday's open gym on January 14th so you can explore them with your child. Please call or email for information! www.creativegymnastics.com

