



## **Mobile Gymnastics Program Information**

Gymnastics is a sport requiring strength, flexibility and balance. Island Tumblers Gymnastics offers a mobile program where we teach the fundamentals of gymnastics by bringing the gym to you. Through the events of gymnastics (bars, beam, floor and vault) we focus on body support, coordination and confidence which can be used in every and any sport your children decide to pursue.

We have a great team of coaches that come with experience to help our early learners gain:

- Beginner gymnastics skills
- Fine and gross motor skills
- Muscle development and body support
  - Agility
  - Balance and coordination
  - Pride and confidence
    - Body growth
  - Flexibility and Strength

We bring mats to your school and set up a fun exciting obstacle course, focusing on different objectives each week. We start with a warm-up stretch and end with stamps of accomplishments. We sometimes include songs and other games/activities such as parachute. The last week of our four-week session we like to include the parents and offer them a chance to come watch their little one participate and progress in this program as they receive certificates of completion.

When: Days and times vary per school

Duration: four weeks

Cost: \$40 per child

Prior to each session our directors will distribute registration forms to each classroom.

Parents who are interested simply return their form and payment to the preschool director. There's no pro-rating for classes after the session start date.

If you are interested in setting up a mobile program for your school, please contact our front office at 808-678-2999 or send us an email to [info@islandtumblergymnastics.com](mailto:info@islandtumblergymnastics.com) with your contact information. One of our mobile program directors will be happy to set up an appointment to meet with you to discuss the possibility of days and times.