

★ StarBrites ★

A 45 minute class (3 years of age)



For our 3 year olds, we set this curriculum so that this age child is working on their listening skills by taking directions from an instructor while gaining some independence. We encourage the children to work on learning how to use both sides of their body and how to crossover their midline for bilateral integration to increase the way their brain makes connections to ensure both cerebral hemispheres are working together to share information. By using cross patterning it will activate all 4 lobes of the brain to simultaneously result in heightened cognition and increased ease of learning. This will also develop visual processing for reading & comprehension, spatial awareness for math & abstract thought. This class is great for your little one to come and learn gymnastics in a fun & safe place where they can reach for the stars!

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for the stars!

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