

All preschool classes have goals and objectives and are based on the latest child development & USAG standards.

Ages 1-3 are age based.

Ages 4-5 are skill and age based.

## PRESCHOOL CLASS PROGRESSION

### Parent Tot 1

Age 1

30 min class

Students will learn how to navigate their environment, social skills, coordination, and much more!

Once your child turns 2, register for **Parent Tot 2** starting the next month

### Parent Tot 2

Age 2

45 min class

Students will learn how to navigate their environment, social skills, coordination, class structure and much more!

Once your child turns 3, register for **Preschool for 3's** starting the next month

### Preschool for 3's

Age 3

45 min class

Students will learn how to be in a class with age-appropriate gymnastics.

Focus will be on listening skills, taking direction and building strength to do the bigger skills later on!

Once your child turns 4, register for any **Preschool Level 1** class, unless the coach tells you to go to Preschool Level 2

### Preschool Level 1

Age 4-5

55 min class

This level is a tested level. Your student will learn how to set goals and achieve them. Once the skills have been mastered, they will move to Preschool Level 2

When your child passes while ages 4-5, register for any **Preschool Level 2** class starting the next month

### Preschool Level 2

Age 4-5

55 min class

This class will build on their gymnastics foundation and will transition your preschooler to the main gym.

If your child passes while age 4-5, Register for Preschool Advanced. If they turned 6 they will be assessed for the next level in a Recreational Class or beyond!

### Preschool Advanced

Age 4-5

55 min class

This class will build on their gymnastics foundation start to build more on form and strength.

This is our most advanced preschool class. Your child will stay here and be challenged until they turn 6. At that point they will be assessed for the next level in a Recreational Class or beyond!

While it might seem like fun, it's really not safe for one-year-olds to hang from their arms independently. Their joints and ligaments are still developing, and they don't have the strength to support their full body weight this way. It could actually cause an injury.

It's precisely at this age that toddlers are actively developing their memory skills. This means they're getting much better at recalling how to do things they've learned or experienced. This is exactly why it's so wonderful to have an adult with them as this develops – your guidance helps reinforce these memories, models safe behaviors, and provides the encouragement they need to practice and master new skills!

At three years old, children are indeed in a critical period for brain development, particularly when it comes to memory and the ability to consistently recall what to do.

This is due to the rapid growth and strengthening of neural connections in the brain, especially in areas associated with:

- **Working memory:** The ability to hold information in mind and use it to complete a task.
- **Episodic memory:** The memory of specific events, including what happened, where it happened, and when.
- **Procedural memory:** The memory of how to do things (like riding a bike or tying a shoe).

This blossoming ability to consistently recall information is a huge step in their independence and learning. It means they're not just doing things by imitation in the moment, but are building a bank of "how-to" knowledge in their minds!

- **Vulnerable Growth Plates:** This is the most crucial point. Children's bones are still growing from areas called "growth plates" (epiphyses), which are made of cartilage. These plates are softer and more susceptible to injury from excessive compression, shear forces, or heavy impact compared to mature bone. This is the primary reason why formal weightlifting, powerlifting, or repetitive heavy resistance training is strongly discouraged for this age group. The focus should always be on proper form and bodyweight movements, not lifting maximal loads.
- **Developing Muscle Mass and Relative Strength:** While 4 and 5-year-olds are gaining muscle, their overall muscle mass and the ability to generate significant force are still relatively low compared to older children and adults. They are not built for or capable of adult-level strength.
- **Immature Neuromuscular Control:** Strength isn't just about the size of muscles; it's also about how efficiently the brain communicates with and activates those muscles. The nervous system in 4 and 5-year-olds is still maturing, meaning their ability to recruit and coordinate muscle fibers for maximal or highly controlled force is limited. Their strength gains at this stage are more about improving this "brain-to-muscle" connection than increasing muscle bulk.
- **Limited Endurance and Recovery:** Their cardiovascular systems and muscles are not yet developed for sustained, high-intensity exertion. They will tire more quickly than older individuals and need frequent breaks during physically demanding activities. Their recovery time is also different.
- **Focus on Functional Strength, Not Bulk:** For 4 and 5-year-olds, the goal of physical activity is to build functional strength – the ability to perform everyday movements and play with ease. Trying to force muscle growth through heavy resistance is generally ineffective and carries injury risks. Gains in strength at this age primarily come from their nervous system learning to use their existing muscles more efficiently.
- **Challenges with Consistent Form:** Due to their developing coordination, attention spans, and lower strength, 4 and 5-year-olds may struggle to maintain consistent and correct form during more challenging movements. If an activity involves too much resistance or complexity, they might compensate with awkward movements, which can be inefficient and potentially harmful over time.

If you have questions, please email Coach Heidi at  
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