

CHAMPS & ME

This Preschool coed Mommy and Me class is designed for young children ages 2-3 to learn the basic coordination skills needed for physical movement through gymnastics. Mom/Dad actively participates with the child during class, and the instructor provides specific skill instruction on achievement.



This energetic class is perfect way to not only introduce your little champion to sports but also to develop school readiness skills like listening, waiting in line, and following directions.

Lots of giggles and excitement in this class!



Activities will include increasing motor skills, developing social interactions, flexibility taking turns, and listening skills.

These little Munchkins will learn body awareness as they participate in a variety of activity to get their little bodies moving.



Watch the sense of delight and smiles on their faces when they achieve a new skill!



619.449.7717
www.cgcchamps.com