



Gym + STEAM

Program Descriptions



Tumbles Gym

Instructor Lead (6:1 OR 8:1 student/instructor ratio) and Supervised - Parent/Guardian Participation ("Mommy and Me") Classes and Independent (non-parent) Classes

Tumbles Gym Classes start with the basic foundational building blocks of movement and continue through introductory basic Gymnastics classes. All curricula are formulated based on Children's Developmental Milestones. Classes are scheduled one time per week for a duration of 20 weeks.

Tumbles Gym programs are offered in two formats - Parent/Guardian-Participation Classes, and Independent Classes.

- **Parent/Guardian Participation: Instructor Lead (6:1 student/instructor ratio)**
 - **Squeakers (4 months - 10 months)** - In this class, children ages 4 to 10 months learn how to crawl through tunnels, ride on cool toys, do thumb pull-ups, manipulate objects, and follow along with songs. In the development of these skills, understanding of speech improves and a sense of trust starts to develop. Squeakers also start gaining a better awareness of things around them and begin understanding cause/effect.
 - Climbing up and down soft stairs
 - Soft mat obstacle courses
 - Swings
 - Crawling up inclines
 - **Wobblers (11 months to 18 months)** - This class for children ages 11 to 18 months encourages curiosity as each child learns how to a push toy, kick a ball, walking on the balance beam, start basic tumbling techniques, sing songs and interact with others. In the development of these skills the children get to explore the gym, and interact with magical bubbles, all while sharpening their vocabulary skills and gaining more muscle control.
 - Hanging on high bar
 - Tunnel obstacle courses
 - Air Surfer swing
 - Interacting and sharing with peers

- **Wigglers (19 months to 2.5 years)** - Children ages 19 months to 2.5 learn how to walk up soft steps, climb a ladder, kick a soccer ball, and begin learning basic climbing techniques for the rock wall. In the development of these skills, students get to participate in an obstacle course, gain confidence in their own abilities, and learn how to interact with other children and instructors.
 - Balance beam
 - Swinging on rings
 - Hanging on trapeze
 - Swinging a tennis racquet
- **Super Wigglers (2.5 years - 3 years)** - Children ages 2.5 to 3 years learn skills that teach them how to climb a rope ladder, skillfully fly on the trapeze, and tumble. In the development of these skills, children also enhance their vocabulary, gain confidence in their jumping and running abilities, learn how to become more independent.
 - Flying on a trapeze
 - Jumping
 - Climbing up stacked mats
 - Performing in front of a group
- **Independent Classes: Facilitated by Instructor (8:1 student/instructor ratio)**
 - **Stompers (3 years - 4.5 years)** - Children ages 3 to 4.5 learn skills such as how to do a headstand, swing on the monkey bars, and participate in fun interactive games. In the development of these skills, children learn cooperative play, how to follow directions, teamwork, and balance coordination. This class is also designed to strengthen their independence, helping to better prepare them for kindergarten.
 - Kicking soccer balls into nets
 - Strength and flexibility through tumbling skills
 - Weaving around cones
 - Swinging on high and low trapezes
 - **Jumpers (4.5 years to 5.5 years)** - In this class, children ages 4.5 to 5.5 learn skills such as how to skip, swing on the rings, do a handstand, and participate in fun circuit-training exercises. In the development of these skills, children will also learn how to follow directions, gain confidence in front of peers, and sharpen their sports skills, which helps prepare them for PE in school.
 - Rockwall climbing
 - Throwing balls
 - Dive rolls
 - Juggling
 - **Climbers (5.5 years to 7 years)** - Children ages 5.5 to 7 learn skills such as running and catching balls, spinning through the Fitness Wheel, high-bar techniques (like flipping), completing back walkovers and more. In the development of these skills, children learn eye-hand coordination, foot-eye coordination, and memorization exercises.

- Hula Hooping
 - Jump Roping
 - Throwing and Catching
- **Sporty Kids (5 years to 8 years)** - Children ages 5 - 8 learn the basic concepts/skills involved in sports like baseball, football, soccer and more! Each week features a new sport. Class will also include sports conditioning, workouts, teamwork, obstacle courses and more!
 - Basketball dribbling
 - Ball throwing
 - Lacrosse
 - Soccer skills
- **Gymnastics Kids (5 years to 10 years)** - A real gymnastics program for kids 5 - 10 years old - children increase flexibility and muscle control, and they gain the fundamental tools to get serious about gymnastics. The Tumbles Gymnastics Kids program is in accordance with USA Gymnastics Compulsory Level Preparation Skills for the following: bars, beam, floor, vault, and rings. And unlike traditional gyms, the Tumbles program is non-competitive, so children learn and grow within their individual strengths without any added pressure.
 - Cartwheels on soft beams
 - Back Walkovers on the Fitness Wheel
 - Roundoffs on the Tumbl Trak
 - Vaulting with the Springboard
- **Ninja Warrior Training (6 years to 10 years)** - Train like a ninja, navigating through different obstacle courses each week. Children work on agility, balance, muscle control, and strength while having a blast! Children are presented with a new obstacle course each week, which includes running, jumping, swinging, and climbing our giant warped wall.
 - Obstacle course
 - Traversing multiple hanging apparatus
 - Warped wall climb
- **Gym Camps: Facilitated by Instructor (8:1 student/instructor ratio)**



Tumbles STEAM

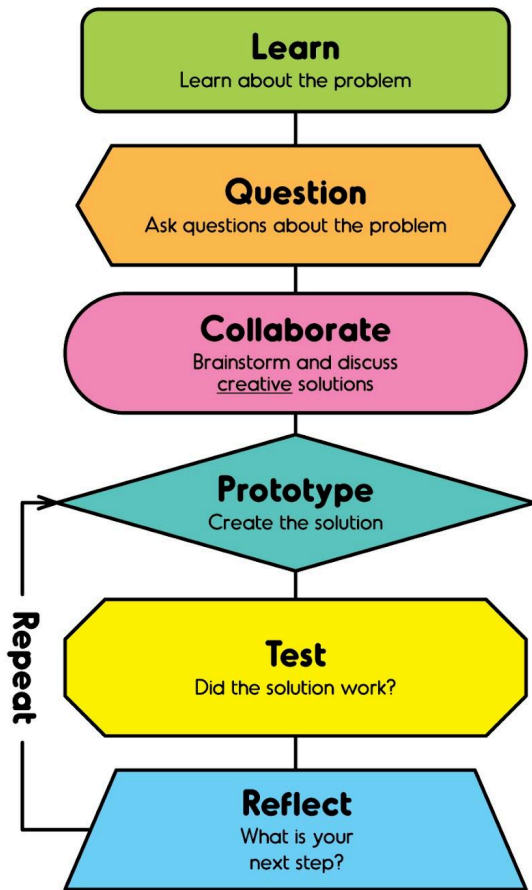
Instructor Lead (6:1 student/instructor ratio) and Supervised

Tumbles STEAM Classes (Science, Technology, Engineering, Art, and Math) are designed to engage and challenge the minds **and bodies** of young children between the ages of 4 and 12 through the use of both basic and advanced science and engineering principles, innovative technology, out-of-the-box math thinking, hands-on activities, and literature, all while utilizing body-focused kinesthetic learning **within the gym environment.**

Activities include:

- Building and launching water bottle rockets - get soaked and have fun while learning physics!
- See and Feel the effects of gravity. Climb to the top of the stall bars, and launch an egg with a parachute from the stall bars - next the student hops off (onto a soft squishy mat!) to feel the effects of gravity
- Building custom model boats and testing them to see how much weight they can hold before sinking
- Feel centrifugal force while studying space by rotating and spinning from an apparatus hanging from the gym ceiling structure.
- Pretend to be an archaeologist and dig for dinosaur bones in a sand pit.
- Bounce on the moon - defy gravity while jumping on our 30' long trampoline.
- and MANY MORE!

Even though our program is remarkably fun and engaging, our unique curriculum is developed utilizing International standards of Mathematics, Science, and Literacy. Classes are scheduled one hour per week for a duration of 20 weeks. This format allows for the possibility of a student being enrolled in one, or multiple, classes at a time. Additionally, these classes can be offered as 5 day, three hour per day camps.



Tumbles STEAM Thinking

All STEAM activities require students to use Tumbles STEAM Thinking, a **creative and critical design thinking process** which allows information to be acquired, ideas to be organized, facilitates teamwork and collaboration, and encourages students to find the best answer to a problem, not just an acceptable one.

Tumbles STEAM Curriculum Unit Descriptions

“Dino’mite Dinosaurs” (Ages 4-10) - Students become junior Archaeologists. They study the characteristics of different types of dinosaurs, learn the differences between carnivores and herbivores while on a dinosaur hunt in the gym, learn about how and why they are no longer here on Earth, dig for dinosaur bones, and even assemble their own dinosaur using fossils!

“Atlantis” (Ages 4-10) - Let’s travel to the mythical underwater city of Atlantis! How will we find it and how will we get there? What preparations do humans need to make to survive in an underwater world and what will we see when we get there? In order to answer these questions, we will train like archaeologists and explorers. We will learn about the oceans of the world, learn about forces that affect Earth’s geography, how and why boats float, make a diving bell, learn about the undersea life that might live there now, and even make a working octopus tentacle!

“Destination Constellation” (Ages 4-10) - Starting with a zip line blastoff, students become astronauts and take off on a trip to outer space! Within this unit, students study a brief history of space flight, learn about the physics of rocketry, study the solar system including planets and the moon cycle, and finally launch a student-built rocket!

“It’s Magic!...or is it Science?” (Ages 4-10) - In this unit, students watch and learn awesome magic tricks - BUT we also use Physical Science to explain **how** magic happens. We will learn about states of matter (solids, liquids, and gasses), volume, and electricity... of course we will learn and practice some awesome magic tricks to perform for parents as well!

"Passport to Africa" (Ages 4-10) - During this unit, students will travel throughout the African continent learning all about that great continent's animals, plants, natural resources, art, and culture. Students will make several African-inspired musical instruments, study carnivores, omnivores, and herbivores, learn about food chains, learn how to filter water, and study the Great Pyramids!

"Storybook Science" (Ages 4-10) - Tumbles scientists and engineers will help some of the most well known characters out of some precarious predicaments. Students will brainstorm and solve problems, like how to get Jack down from the beanstalk by creating a parachute, and learn about how bridges are constructed and even make their own bridge to help The Three Billy Goats Gruff need a bridge.

"Superhero Science" (Ages 4-10) - STEAM to the rescue! Students LOVE super heroes, and in this unit, we focus on scientific super powers like changes of state of matter, physical properties, phases, electrical circuits, and more!

"Wacky Wonderful Earth" (Ages 4-10) - Students learn all about our awesome planet as they zoom through space. Where is our planet located? What things are needed for life to exist? We will learn about seasons, shadows, erosion, climate, and even make our own dream house!



Tumbles GYM + STEAM Camps

Instructor Lead (6:1 student/instructor ratio) and Supervised

Tumbles GYM + STEAM Curriculum Unit Descriptions

"Summer Olympics" - GYM + STEAM Camp (Ages 4 - 10) - This one-of-a-kind camp offers young athletes a unique opportunity to engage in diverse activities, including sports and STEAM-focused activities. From exploring the science behind athletic performance to designing personalized flags and medals, campers will have the opportunity to learn and develop new skills, all focusing on the excitement of the summer Olympic events. With a focus on both physical and mental development, our Olympic-STEAM camp is the perfect choice for young athletes looking to unlock their full potential.

"Ninja Warriors" - GYM + STEAM Camp (Ages 4 - 10) - Embark on an exciting STEAM-powered Ninja journey with our camp! Our program offers the perfect blend of ninja training and Science, Technology, Engineering, Arts, and Mathematics (STEAM) education. Every day, campers will participate in challenges that foster strength, agility, and critical thinking. Our unique approach to ninja training includes a STEAM twist, featuring obstacle courses, STEAM challenges, and more. Our main goal is to equip campers with multidimensional skills that will prepare them for a comprehensive STEAM Ninja Warrior obstacle course, which emphasizes balance, strength, and climbing while utilizing the principles of forces, gravity, simple machines, and Newton's laws.