

# ONE Pea (1 Year)

# SWEET PEAS

## Educational Gymnastics

30 min.  
class  
w/parent

**Tues - 10:15am**

**Wed - 9:15am**

**Thurs - 10:00am**

**Fri - 10:15am & 5:15pm**

**Sat - 11:45am**

One Peas are ready to move! With their newly developing upright mobility (and sometimes a mix of both eagerness and hesitation), One Peas love to explore! One Peas are beginning to understand words and ideas. The active learning goals of One Peas promote neural development in the amazing one year old brain. The One Peas' curriculum is designed to provide enriching activities in a safe and fun environment. One Peas learn self awareness and physical adaptation through developmentally appropriate gymnastics activities such as stepping, rolling, balancing, sliding and swinging. One Peas learn baby rhythm and sequencing through physical activities coordinated with music and prompts. One Peas learn to clap, step, count, stop and start, and repeat. Creatures of repetition, One Peas begin to recognize and anticipate routines in the One Pea lesson plans. They are beginning to remember what they have learned and they are excited to participate.

The One Pea curriculum is designed to enhance the direct connection between active movement and brain processing. One Peas' brains are engaging as they walk in a circle and scoot across the beam. Their sensory systems are developing as they roll on the wedge mat, bounce on the spring board, swing on the rings, climb through tunnels and hang from the bars.

Gymnastics provides unparalleled opportunities to balance, hold, reach, grip and bounce. One Peas are learning and growing at an amazing pace as they transition from babyhood to toddlerhood. This is a magical year!



Children  
make your life  
**IMPORTANT**



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