

# THREE PEAS (3 YEARS)

# SWEET PEAS

## Educational Gymnastics

Mon: 5:15pm

Tues: 9:15am, 11:00am & 4:00pm

Wed: 10:00am & 4:00pm

Thurs: 3:00pm

Fri: 9:00am & 4:00pm

50 min.  
class

Three year olds are ready to go! Three Peas are gaining increased motor development, eye hand coordination and fine motor skills! Three Peas are also quickly assimilating language and are able to understand and independently follow basic instructions in gymnastics class. The Three Pea curriculum is designed to provide skill development on floor, beam bars and vault. Three Peas work on forward rolls, straddle rolls and Three Pea cartwheels. They increase their balance with beam work that includes alternating forward kicks, squat holds, relevé walks and beam crawls. Three Peas develop core strength by learning to draw to a tuck from a straight hang on the bars and execute forward rolls over the bar. Their vault skills include punching the board with both feet, a squat on to a block and donkey kicks. Three Peas are introduced to activities that incorporate spatial, sequential and directional cues. They are continuing to develop an understanding of differences in color, shape, and size. The developing independence of Three Peas helps them participate in structured circuit sequences as they prepare for more independent activities in the Four Pea program.



Three Peas is designed to provide a multi-sensory, educational gymnastics experience that provides an active learning platform that will promote brain development, social development and overall well being. The Sweet Pea curriculum provides early opportunities for three year olds to learn language skills, differentiation skills, sequencing, color and shape recognition and more all while actively engaged in physical movement. We know that gymnastics is fun and we know that learning is important. Our progressive curriculum expertly incorporates early childhood learning with active learning gymnastics, in a gentle and fun environment. We know that children learn best when they are moving! Three Peas is an amazing program that will provide your child with unparalleled physical, social and developmental opportunities.



Soft is the heart  
of a child  
Do not harden it.

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