



FITNESS
MADE FUN

FITNESS MADE FUN'S

TURTLE TOTS



PROGRAM OVERVIEW

Fitness Made Fun's early child development program is affectionately called the Turtle Tots! This program is solely focused on helping your child develop into an athletically inclined and socially advanced human being!

www.fitnessmadefunmo.com

Introduction



Fitness Made Fun's early child development program is called the Turtle Tots! While your child is under the age of six, this is the program for them!

Your child will be put in their appropriate class by age. This will allow them to grow and learn with other young child their same age, that are in similar developmental stages of their lives, and make friends!

The Turtle Tots program class and age breakdown is as follows:

Turtle Tots 1: is a seasonal class offered for young child that are still in the crawling stage of their development and require a parent participant.

Turtle Tots 2: is for child that are confidently walking to ages 3 and require a parent participant.

Turtle Tots 3: is for ages 3, that are ready to be without a parent participant.

Turtle Tots 4: is for ages 4.

Turtle Tots 5: is for ages 5 and/or in kindergarten.

Social Development

"Gymnastics helps provide social readiness. So often, lesson plans require teamwork, partner stations, taking turns, etc. that help teach those necessary social skills for kindergarten and beyond. Kids learn conflict resolution, kindness, patience, and more through gymnastics programs. These kids need the interactions, the time with peers and the instruction from an outside adult to help prepare them for life." - Annie Coup

Throughout their lessons, child meet similarly aged, like-minded peers with shared interests. Through gymnastics, child build strong friendships with their fellow gymnasts, bonding over teamwork towards new and exciting activities.

At Fitness Made Fun, our coaches try to make learning a priority. They encourage the child to ask questions when they are with their coach. Coaches will also work on helping the child to step outside of their comfort zone. Coaches work hard on furthering their experience and education in gymnastics to help be it a resource in your child's everyday life.

Within the class, students will work on standing in lines, taking turns, saying please and thank you and so much more that prepares them for social environments pertinent to their age.



Athletic Development

Let's head to the experts for this one!

"Gymnastics teaches resilience. Kids will fall. Kids will not be able to do the station on their first try. They will learn to get back up, to try again, and to ask for help. It teaches a tenacity and grit in a relatively safe setting where they CAN fail.

Gymnastics enhances proprioception, sometimes referred to as the 6th sense. Proprioception is when child are able to more fully develop a sense of where their body is and where their body is in relation to things around it. Got a kid tripping all over the place? Put them in gymnastics. Got a kid who confuses left and right? Put them in gymnastics. Got a kid who has trouble skipping/jumping rope? Put them in gymnastics. Even if it's due to development delays, gymnastics acts hand in hand with occupational therapy to help develop proprioception.

Gymnastics leads to sports readiness. Footwork, hand eye coordination, flexibility, strength and conditioning, etc. all lead to eventual sport prowess. I had teammate to go on to compete gymnastics, but also pole vault, diving, soccer, crossfit, kickline, and more in college. It lays a foundation for sport movement that provides them the opportunity to excel down the line." - Anni Coop

Birthday Month

During your child's birthday month, your child's coach will track their skills. This will help your coach know if your child is ready to move up to the next class. Although age is a big indicator, we also have to make sure they are socially and athletically ready.

At the end of your child's birthday month, your coach will speak to you on how they did tracking their skills. You can even view their progress on the Fitness Made Fun app. With the Turtle Tots program these skills are often social requirements rather than athletic. For example, a child must be willing to do class without a parent/guardian to move up to Turtle Tots 3.

If your child is ready to move to the next class, then your coach will let you know in person.

If your child is not yet ready to move to the next class, your child's coach will present a "game plan" to help get your child ready to move to the next class.

Potty Breaks

It is very important for your child to take a potty break before class. This will help avoid potty emergencies and any accidents within class.

When a child has to leave during the class to use the restroom, it is disruptive to their learning process. It is also very confusing for the child when they return after a potty break because they missed valuable class instruction while absent.

Please encourage your young child to use the restroom before class. If your child must use the restroom during class, do NOT trust them to bring themselves back to class. Please escort them to the front desk and one of our staff members will then escort your child back to class. This is done to ensure their safety. Accidents happen when child run through other classes and across events to return to class on their own.

Dress Code

Fitness Made Fun's dress code is as follows...

Female child: leotard with shorts/leggings, or biketards

Male child: athletic tank/shirt with exercise shorts/pants

When child are three and younger, employees are very relaxed with enforcing the dress code. We understand that it can be hard to find things in their sizes.

However when child turn age 4, employees will be much more strict about enforcing dress code. This is for the child safety as they begin to perform harder skills and for the coach's safety as they spot them on harder skills.



Class Adjustment

Whether starting a class for the very first time or moving to a new class age division, your child will go through an adjustment period. Being scared of new skills, not very excited to participate in stretch time, or not wanting to do class without a parent/guardian are some of the typical behaviors you may see during this adjustment period.

It is completely normal to go through these adjustments. Give your child time to adjust and learn. Your child won't be able to improve what they can't practice. We know from a parent's point of view it might be frustrating to watch your child go through an adjustment period. Please voice your concerns with your child's coach and they will be able to help you work through this period.

Program Curriculum

All of our Turtle Tots learn drills and movements to lead them into learning the basics of gymnastics. In the Turtle Tot program your child will learn the following:

FLOOR

- Releve Walks
- Forward Roll
- Straddle Roll
- Backward Roll
- Cartwheel
- Handstand
- Round Off
- Back Handspring
- Bridge
- Table
- Front Limber
- Back Bend
- Pivot
- Leap
- Sashe
- Safety Position



BEAM

- Beam Mount
- Forward Walks
- Sideways Walks
- Backward Walks
- Straight Jumps
- Tuck Jumps
- Levers
- Pivot
- Passe Walks
- Bear Walks
- Safety Position

BARS

- Glide Swing
- Front Support
- Pullover
- Cast
- Back Hip Circle
- Hollow Body
- Tight Arch
- Sole Circle D.M.
- Regrips
- Cast Off
- Safety Position



VAULT

- Squat On
- Sprinting
- Pike On
- Handstand Fall Flat
- Straight Jump
- Tuck Jump
- Straddle Jump
- Split Jump
- Handstand Blocks
- Safety Position



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Contact Us

Our staff would be happy to help with any of your questions! You can talk to your child's coach directly before or after class, call, or email.



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