

# GYMNASTICS UNLIMITED



716-677-0338, 70 Weiss Ave., West Seneca, NY 14224 [gugymsters@gmail.com](mailto:gugymsters@gmail.com)

## LEARNING 'N' MOTION

### PRESCHOOL WITH A TWIST!

Not just your regular pre-school! Learning 'n' Motion is a program that integrates gymnastics concepts and movement into pre-school program activities. With the use of a non-traditional classroom, we are able to incorporate body awareness/control, movement & strength, eye-hand coordination, large/fine motor skills along with brain development, math, writing, reading & skills necessary for Kindergarten readiness. The Educational materials will be used alongside gymnastics props/equipment to reinforce the daily lesson plan in a nurturing atmosphere where the children will benefit from the space in the gym to explore & learn. Monthly/weekly themes will be used to enhance art, science, story, song and game activities ☺

#### Pre-school lead teacher:

**Bachelors in early childhood development/elementary education. CPR/1<sup>st</sup> aid cert.**

#### Gym lead teacher:

**30 yrs experience teaching gymnastics with physical and social development background. CPR/1<sup>st</sup> aid cert.**



**9:30- 12pm**

(Sept. 8<sup>th</sup> - June 1, 2026)  
Monday, Wednesday, Thursday

**Mon/Wed/Thurs 3 & 4yr olds= \$1839**  
includes 1 hour gymnastics class along with  
school reinforcement from the week!!

**\*Payable in 3 installments of \$613**  
(Aug. 15<sup>th</sup> , Oct. 15<sup>th</sup> & Jan. 15<sup>th</sup>)

\$60 registration fee Due at sign  
up to hold spot. Non-refundable

## What we will be learning throughout the year:

- ☺ Upper- & lower-case letter recognition and matching
- ☺ Beginning Sight Words
- ☺ Simple sentence structure
- ☺ Beginning sounds and Phonics
- ☺ Shape recognition & colors
- ☺ Calendar time: Month, day, year
- ☺ Days of the week
- ☺ Number recognition & counting 1-30 & simple math
- ☺ Weather conditions
- ☺ Holidays
- ☺ 5 senses and body parts
- ☺ Fine motor skill crafts
- ☺ Sizing & Comparison
- ☺ Simple science experiments
- ☺ Scissor skills
- ☺ Proper hold of pencil
- ☺ Spelling and Writing name
- ☺ Learning and writing Address & Phone number
- ☺ Using instruments to learn rhythm, sounds and beats
- ☺ Movement; skipping, galloping, climbing, jumping, etc.
- ☺ Learning body awareness, large motor skills and strength using circuits incorporating the different gymnastics equipment.

