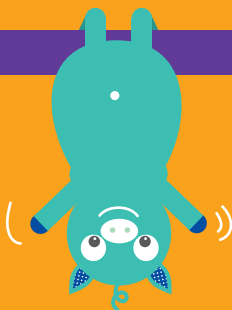


FOR  
CHILDREN AGES  
**12 MONTHS**  
- **5 YEARS**

# Tum bling Tots



Tum  
bling  
Tots

Hastings Sports Centre

Railway Road, Hastings ● +64 6 878 7988

f hastingssportscentre ● #hastingsportscentre

[hastingsportscentre.co.nz](http://hastingsportscentre.co.nz)

## PHYSICAL DEVELOPMENT IN PRE-SCHOOL GYMNASTICS



**HASTINGS**  
SPORTS CENTRE

# TUMBLING TOTS

For children 12 months - 5 years, Tumbling Tots is a fun and interactive programme for parent and child to work one on one, covering the physical development in pre-school gymnastics.

With structured classes and children learning at their own pace, our specialised tutors support parents and caregivers with technique and confidence building.

## REGISTER

- We take registrations for casual classes, or sign up for the full eight-week term.
- Alternatively, we can bring Tumbling Tots to you! Ask our staff about running Tumbling Tots at your day care, kindergarten or play centre.
- Regular Tumbling Tots is limited to 20 toddlers.
- Sorry no refunds.
- Pay in advance or at the start of each session.

## TIMES

Each week during school term there are three times available:

- 9.15am-9.45am Skill Based Programme
- 10.00am-10.30am Self-Supervision Play Session
- 10.45am-11.30am Skill Based Programme

## PRICES

### INDIVIDUAL

#### Skill Based Programme

\$40 per 8 week term or \$5 per session

#### Self-Supervision Play Session

\$16 per 8 week term or \$2 per session per child

### GROUPS

#### One-Off Group Sessions

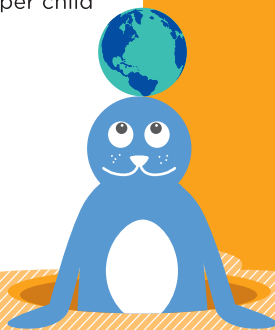
(maximum 30 children per class)

\$5 per child

#### Groups by 8 week term

(set number of 20 children per class)

Set price of \$480 per term



## WHAT YOUR CHILD WILL LEARN



### BALANCE

Stimulating the vestibular system increases your child's focus and attention.

### CROSSING THE MIDLINE

Movement patterning involving crossing the midline of the body increases your toddler's finer motor skills and dominant hand coordination.

### BODY AWARENESS

Helping your toddler to grasp the concepts of body movement and spatial awareness.

### SENSORY STIMULATION

Stimulating the sensors to help develop links between the brain and the body's responses.

### MANIPULATIVE PLAY, GROSS MOTOR AND VISUAL TRACKING SKILLS

A whole range of movements encouraging better overall coordination.

### CROSS PATTERNING

Activates communication between both brain hemispheres and the whole body.