

## Cartwheels to Confidence

Practically overnight, your little one changes from an unsteady toddler into a ram-bunctious child. At The Little Gym, our gymnastics program for preschoolers and kindergarteners has been specially designed to help your child channel all that energy and reach developmental milestones.

Independent enough to attend classes without parents, children in this age group still learn best in a structured environment where gymnastics activities are combined with a healthy dose of fun.

## Springboard to Success

Kids of this age are still growing like crazy, but now each is developing at a unique pace. That's why our gymnastics program for grade school boys and girls is a little different than that of our younger members.

Classes have been segmented to allow for gender-specific



disciplines and varying developmental abilities, giving students the chance to tackle new challenges at their own skill level. Celebrated with cheers and high-fives, each new achievement leads to newfound confidence, determination and a desire to continue improving.



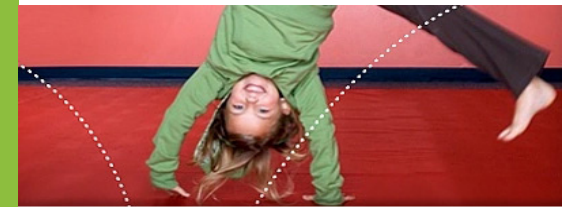
[thelittlegym.com](http://thelittlegym.com)

The Little Gym of  
San Jose (South)  
1375 Blossom Hill Rd  
Suite 45 San Jose, CA  
95118

## Scheduling:

We take a progressive approach to strengthening skills and helping children discover their talents. Our age-specific curriculum is delivered in weekly lesson plans, with each new skill building on the last. While we encourage participation throughout the duration of the Season, there's no long-term commitment. You can join any of our classes at any time on a pro-rated basis.

SERIOUS FUN!



Developing  
Confident Kids...  
One Hop, Skip & Jump  
at a Time!



## Contact us at:

Phone:  
(408) 723-7222

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# FREE Introductory Class

SERIOUS FUN!



From infant to toddler, our Parent and Child classes promote early development and provide a strong foundation for your child's critical first three years. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth.

## Our Story

With more than 300 locations across the globe, The Little Gym is the world's premier experiential learning and child physical development center for kids ages four months through 12 years. Each week, progressively structured classes and a positive learning environment create opportunities for your child to try new things and build self-confidence, all with a grin that stretches from ear to ear.

At The Little Gym, our environment is fun, but our purpose is serious. For more than 35 years, our trained instructors have nurtured happy, confident kids through a range of programs including parent/child classes, gymnastics, karate, dance and sports skills development, plus enjoyable extras like camps, Parents' Survival Nights and Awesome Birthday Bashes.

## 3-D Learning

**Get Moving!** Physical activities to burn that boundless energy, plus build flexibility and strength, develop balance and coordination, and encourage agility, rhythm and overall fitness to launch a lifetime of healthy habits.

**Brain Boost!** Designed to expand the mind and develop a love of learning, these exercises foster sustained concentration and decision making, prepare for or reinforce school lessons, and nurture problem-solving ability and creative expression.

**Citizen Kid!** These activities teach life skills like sharing, working in a group, listening and leadership—all skills that translate to a well-adjusted, well-rounded superkid.

## Encouraging

The best way to encourage children to try their best is with a smile. That's why, surprisingly, our teaching philosophy is quite different from others. We challenge children to strive for success in a positive, nurturing environment.

Each new accomplishment promotes confidence and each successful experience motivates them to try for the next. Our coaching style is noncompetitive, which means children are encouraged to strive for their personal best. We're not the only ones who see the value of this approach.

With locations across the globe, The Little Gym has helped millions of children experience the benefits of this positive approach since our inception in 1976.

## Proven History

In the mid-1970s, The Little Gym concept sprang from the heart and mind of founder Robin Wes. An innovative educator, musician and kinesiologist, Robin envisioned a nurturing place where children could explore their physical development, while also growing socially, emotionally and intellectually.

Although teaching physical education in a competitive setting was the accepted norm at the time, Robin believed there was a better approach. Instead, he created an environment filled with the spirit to achieve rather than the pressure to win. Robin's non-competitive approach was unheard of back then. Revolutionary, even.

## Healthy Lifestyle

Children with a high level of physical activity tend to remain highly active throughout adolescence. Starting early lays the foundation for a healthy lifestyle.

## Friendships

Children with more developed motor coordination have a lower incidence of social and educational problems. By combining physical development with activities that promote sharing, listening and friendship, The Little Gym sets the stage for critical life skills.

