

GYMSTERS

(21 MONTHS-2½ YEARS)

ACHIEVEMENT PROGRAM

Your toddler is bursting with curiosity, energy, and new abilities – running, climbing, tumbling, and ready to take on bigger challenges! This stage is all about channeling that “big-kid” energy into skill-building, confidence-boosting play that also helps them practice the social and listening skills needed for preschool. And best of all? It all happens in a safe, fun space with you nearby to cheer them on.

What is my Gymster learning?

This is where your toddler’s abilities start taking off – moving with more coordination, tackling new challenges, and building the confidence to try (and try again). We blend movement and connection to support their whole development physically, emotionally, and socially. It might look like “just fun” (and it totally is!), but every bit of curriculum is packed with purpose.

Here’s what they’re working on:

- *Gross motor skills* through climbing, balancing, tumbling, and jumping
- *Cognitive growth* with songs, repetition, puppet shows, and problem-solving games
- *Social-emotional development* through peer play, taking turns, and group activities

MONTHLY FOCUSES:

Each month, we spotlight 2 Body Focuses and 1 Mind Focus—so your child is always growing in new and exciting ways.

Body Focuses

We focus on big movement skills that matter – like coordination, core strength, and body awareness – so your child can move with confidence in (and out of) the gym!

Mind Focuses

Through play, your child will build important skills like language, problem-solving, and social connection – all in a way that feels natural and fun!

💡 Fun fact: You’ll hear more specifics about the focuses in class each week, and also in a monthly email!

IN EVERY GYMSTERS CLASS:

Your child will:

- ✓ Burn energy in a safe, positive way that builds real skills
- ✓ Strengthen their body through fun and purposeful play
- ✓ Build confidence as they try new things in a supportive space
- ✓ Practice following directions, taking turns, and engaging with peers
- ✓ Experience joy and pride in every small win

From singing and dancing to skill-based “Adventures,” games, puppet shows, and the ever-exciting “Surprise Time,” every class keeps your energetic toddler engaged, learning, and having a blast.

YOUR ROLE:

You’re still their safe place – but you’ll start to see little sparks of independence shine through.

- Stay close as your child explores and encourage them to try new challenges.
- Join in the songs, games, and movement to model participation.
- Celebrate every milestone – your encouragement fuels their confidence.



**WATCH US
IN ACTION**

