

SIBLINGS & FRIENDS

(3 MONTHS-5 YEARS)

ACHIEVEMENT PROGRAM

One class, mixed ages, and all the FUN! Whether your little one is just learning to sit, a speedy runner, or somewhere in between, this class brings everyone together for friendship, movement, and skill-building. Perfect for siblings, cousins, besties – or any child ready to make new friends!

Our teachers tailor activities so every child feels included and challenged. Your preschooler might take the “big kid” version, while your baby or toddler gets an age-friendly twist – all while sharing the same fun experience (and plenty of proud moments).

What is my child learning?

Mixed-age play is powerful! Older kids build leadership, patience, and teamwork. Younger kids gain confidence by watching, copying, and exploring alongside their “big kid” role models. Every activity provides the right level of challenge, builds confidence, and strengthens skills at your child’s stage.

Here’s what they’re working on:

- *Gross motor skills* through balancing, climbing, tumbling, hanging, and jumping
- *Fine motor skills* such as grasping, throwing, and catching
- *Cognitive growth* through repetition, following directions, and problem-solving
- *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 such as 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 SIBLINGS & FRIENDS CLASS:

Your child will:

- ✓ Burn energy in a safe, positive way that builds real skills
- ✓ Strengthen their body through purposeful play
- ✓ Practice listening and following directions in a group
- ✓ Build friendships across ages
- ✓ Experience joy and pride in every small win

From music and puppet shows to skill-based “Adventures,” relays, and group challenges, this class keeps every child (big or small) engaged, learning, and having a blast.

YOUR ROLE:

Whether your child is tiny and watching your every move or a confident preschooler ready to show off their skills, you are their safe place.

- Stay close as they explore and encourage them to try new things.
- Join in the songs, games, and activities to model participation.
- Celebrate every win – your encouragement means *everything*.



WATCH US
IN ACTION

