

2 Year Olds



At Troy Gymnastics, we strive to make learning a fun experience. Each child is an individual with unique strengths and challenges. We recognize the true potential of each child and work with them through the various stages of learning and growing. Our goal is to teach confidence, perseverance, respect, sharing, and independence through movement and the joy of learning. We look forward to meeting you and your child in our parent and tot 2 year old class. Please read the information below before coming to your first class to give you and your child a head start and an idea of how this class is instructed.

Jumping song: Every 2 year old class starts with a jumping song on the trampoline. Each child is given the opportunity to jump by themselves while the rest of the class sings the “jumping song” to them. This is a great opportunity for the kids to work on waiting patiently for their turn as well as participating with the group.

Show station: After the jumping song, it will be time for some gymnastics. Your coach will direct you and your child where to sit so that they may demonstrate the activities. Please encourage your child to sit patiently and keep their focus on the coach.

Stations: The ultimate goal by age 3 is to have them ready to do the class without you. Remember, this is a process and a learning experience that does require parental guidance and support from the teacher. 2 year old gymnastics is a perfect opportunity for a parent to begin teaching skills such as following instructions, independence, patience, and developing relationships with people outside their own family. At each station, please encourage your child to follow the coach’s directions and stay with the class. Do not allow them to play in other areas other than where your coach has instructed.

Free Play: This is the time for monitored exploration at the end of class. Encourage your child to interact with the other children in the class. This is an excellent opportunity for them to practice social skills and brief independence. Often, this will take place in the tunnels or upstairs.

Stamps: When your child’s coach says it is time for stamps, this means it is time to start heading downstairs.

****A couple more reminders****

-If you need to bring a sibling to class, they are welcome to sit and play quietly off to the side. They may not be on the equipment at any time. We can provide coloring sheets and crayons if they need an activity.

-Please keep all food and drink out of the gym (water is allowed).

-We recommend not bringing your cell phones to class. This is valuable time with your child. If you need to make a call, please keep your child with you while stepping out of the gym area.

- For your safety, please stay off all equipment. Every apparatus is custom made for small children.

*****Curriculum is subject to change based on children’s needs of the day*****