

# Wiggle Worms Program

*A drop-in parent/child class for children ages 18 mos-2.5 yrs  
Join us as we explore movement in a fun, safe and welcoming environment.*

## Typical Class Format

10 mins Exploratory Time  
5 mins Obstacle Course at TumbITrak  
5 mins Gross motor skills  
5 mins music and movement and circle time  
5 mins Obstacle Course #2 and Bye Bye Song

## Parent's Role

Your role during class is to be the direct supervisor of your child. The instructor will facilitate the class, presenting new and exciting physical challenges each week. Don't be alarmed if your child is not participating right away. It usually takes 3-4 classes before children are comfortable with the environment and the teacher. Children will often throw fits, don't know how to take turns and will suddenly run away to something else that has caught their attention. This is perfectly normal at this age. Along with exploring physical movement, we also work on the previous mentioned skills. This will take time, but with the young child, every month brings new growth and challenges. Our instructors have plenty of patience and understanding for the toddler stage and anticipate class to be a little chaotic at times. It's okay. Around age 2.5, children are ready to enter Tumble Tykes. The teacher will communicate to you when the child is ready.



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## Physical Goals

Running, jumping, climbing, rolling, hanging, chin ups, leg lifts, balancing, eye hand coordination etc.

## Cognitive Goals

Colors, numbers, letters, body parts, directional movement, animals, etc.

## Social/Emotional Goals

Taking turns, building relationship with instructor, changing activities, cooperation, saying goodbye, etc.

## Fall 2018

**Tuesday/Thursday 9:45am – GymKids Location**

**Wednesday 9:00am – GymKids Location**

**Saturday 9:00am – PEG Location**

**First  
Lesson  
Free**

***Wiggle Worm classes are conducted on a drop-in basis, so there is no need to pre-register. A punch card is \$35 and includes 6 visits. The card can be used for Wiggle Worms or Indoor Playground. The card expires 3 months from the date of purchase.***

