

Metroplex Preschool Gymnastics

Class Descriptions and Overview

MPG MISSION STATEMENT:

“Metroplex Preschool Gymnastics builds confident, capable children through age-appropriate gymnastics instruction that honors how young children learn—meeting each child where they are developmentally while laying the foundation for independence, coordination, and lifelong learning.”

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RED CLASS (AGES 18 -36 MONTHS) **There can be exceptions to this depending on a child's developmental readiness.*

RED CLASS MISSION STATEMENT - RED class builds confidence, early coordination, and comfort in the gym through age-appropriate, parent-assisted gymnastics instruction—laying the foundation for future independence and gymnastics readiness.

PURPOSE OF RED CLASS - Introduce toddlers to movement and the gym environment in a way that builds confidence, curiosity, and early coordination—without rushing independence or skills. RED class creates a strong emotional and physical foundation for future independent classes.

PRIMARY GOALS

- Build **confidence** in a new environment
- Develop early **movement patterns** (climbing, balancing, jumping, rolling)
- Encourage **exploration and repetition**, which is how toddlers learn
- Foster **positive parent-child movement experiences**
- Prepare children emotionally and physically for **independent classes**
- Build comfort and willingness to try new movements

STAFF REMINDER

- RED class is guided exploration with intention—not free play.
- Success is measured by confidence, repetition, and willingness to try.
- Parents are learning partners, and instructors actively structure the environment, model movement, and coach both child and parent.
- In RED class, confidence comes before compliance, and exploration comes before expectation.

HOW TO DESCRIBE RED CLASS TO PARENTS

“RED class is our parent-assisted toddler program. Children explore climbing, balancing, jumping, and tumbling in a structured gym environment while parents support them. Instructors guide the class, focusing on confidence and readiness as skills develop naturally.”

FRONT DESK QUICK RESPONSES

5–7 Second Description

“RED is our parent-assisted toddler class focused on confidence and early movement.”

10-Second Description

“RED class helps toddlers explore movement like climbing and balancing in a structured gym environment with parent support.”

15-Second Description (Most Useful)

“RED class is parent-assisted and focuses on confidence, coordination, and comfort in the gym before independence.”

If a Parent Asks: ‘Is It Just Free Play?’

“No—it's structured and guided. Toddlers explore movement like climbing, balancing, and jumping, but instructors intentionally set up the environment and guide the class so children are building confidence and coordination—not just running around.”

If a Parent Asks: ‘Is it structured?’

“Yes. The class is structured and guided, but toddlers are encouraged to explore and repeat movements, which is how they learn best.”

If a Parent Asks: ‘Are They Learning Gymnastics?’

“Yes—RED class focuses on the building blocks of gymnastics such as balance, strength, coordination, and body awareness. Those skills come before formal technique.”

If a Parent Asks: ‘Why Do Parents Stay?’

“Parents help toddlers feel safe and confident while they explore movement. As children gain confidence and independence, they're better prepared for an independent class.”

If a Parent Says: ‘My Child Is Very Active/Shy’

“That's typical for toddlers. RED class is designed to meet children where they are and help them grow at their own pace.”

What if my child doesn't follow the order or do all the stations?

“That's very normal at this age. Toddlers learn through exploration and repetition, not sequences. Following an order isn't the goal yet—confidence and comfort are.”

If a Parent Asks: ‘When Do They Move Up?’

“Most children move to an independent class around age 3, but readiness matters more than age. We look for confidence, comfort separating, and the ability to follow short directions.”

GREEN CLASS (AGE 3) – **There can be exceptions to this depending on a child’s developmental readiness.*

GREEN CLASS MISSION STATEMENT - GREEN class builds independence, focus, and early gymnastics skills through age-appropriate instruction that emphasizes connection, structure, and fun—preparing children for confident participation in a group setting.

PURPOSE OF GREEN CLASS - Support children as they transition into independent classes by building trust, group awareness, and foundational gymnastics skills. GREEN class helps children learn how to stay with the group, follow simple directions, and participate successfully in structured activities while continuing to grow confidence and coordination.

PRIMARY GOALS

- Build comfort and confidence in an independent class setting
- Teach group skills such as staying with the class, lining up, and taking turns
- Strengthening focus and listening skills through predictable routines
- Develop foundational gymnastics skills and movement quality
- Encourage effort, resilience, and willingness to try
- Support emotional regulation and positive behavior within a group

STAFF REMINDER

- GREEN class is about **connection first, structure second, skills third**
- Independence is taught through **consistent routines and clear expectations**
- Fun is the vehicle for learning—engagement leads to cooperation
- Success is measured by participation, effort, and progress—not perfection
- Calm energy, clear cues, and repetition build trust and focus

HOW TO DESCRIBE GREEN CLASS TO PARENTS

“GREEN class is often a child’s first independent gymnastics class. We focus on helping kids stay with the group, follow directions, and build basic gymnastics skills through structure and fun. Confidence and connection come first, so children feel successful as they learn.”

FRONT DESK QUICK RESPONSES

10-Second Description

“GREEN class is our first independent class for 3-year-olds. We focus on confidence, structure, and basic gymnastics skills in a fun, supportive group setting.”

15-Second Description

“GREEN class helps kids learn independence—staying with the group, following directions, and building basic gymnastics skills through structure and fun. Confidence comes first.”

If a Parent Asks: 'Is this too hard for my child?'

"It's designed for beginners. We meet kids where they are and help them grow at their own pace."

If a Parent Asks: 'Is it structured?'

"Yes, it's structured in a way that works for young children. Routines, repetition, and fun help them learn."

GREEN CLASS DESCRIPTION IN ONE SENTENCE: "GREEN class teaches children how to be independent learners in a group."

YELLOW CLASS (AGES 4) **There can be exceptions to this depending on a child's developmental readiness. It is typical for 5yr olds to remain in YELLOW if they are not ready for big kids classes or meet the criteria for Micro Mets.*

MISSION STATEMENT

YELLOW class builds focus, coordination, and confidence through age-appropriate gymnastics instruction—helping children refine skills, follow multi-step directions, and participate successfully in a structured class setting.

PURPOSE OF YELLOW CLASS

Support children as they transition from basic independence to sustained focus and skill development. YELLOW class strengthens body control, listening skills, and confidence while introducing more structured gymnastics progressions in a positive, supportive environment—preparing students for success in our 1-hour “big kid” program.

PRIMARY GOALS

- Strengthening focus, attention, and listening skills
- Teach multi-step sequencing and obstacle courses
- Refine foundational gymnastics skills and movement quality
- Build coordination, balance, and body awareness
- Encourage persistence, effort, and confidence
- Support readiness for recreational classes or Micro Mets

STAFF REMINDER

- YELLOW class balances **structure, skill development, and fun**
- Focus on **quality of movement**, not speed or perfection
- Clear expectations and consistent routines support success
- Confidence and effort come before advanced skills
- Progress is measured over time, not in a single class

HOW TO DESCRIBE YELLOW CLASS TO PARENTS

“YELLOW class is designed for older preschoolers who are ready for more focus and structure. Children follow multi-step obstacle courses, refine gymnastics skills, and build coordination and confidence in an independent class setting.”

FRONT DESK QUICK RESPONSES

“Is YELLOW more serious or strict?”

“YELLOW class has more structure, but it’s still fun and supportive. The structure helps children focus and feel successful as skills become more complex.”

“Will my child be pushed too hard?”

“No. We meet each child where they are. We focus on effort, confidence, and movement quality rather than rushing advanced skills.”

“Why isn’t my child doing harder skills yet?”

“At this age, strong basics lead to better long-term success. When coordination and control are solid, skills progress faster and more safely.”

“What if my child struggles with focus or directions?”

“That’s part of what YELLOW class teaches. We practice focus, sequencing, and listening every class in a supportive way.”

“How do you know when a child is ready to move up?”

“We look at focus, coordination, confidence, and consistency—not just age. When those are in place, moving up is a natural transition.”

“Is YELLOW a step toward team?”

“YELLOW class builds strong foundations and confidence. If a child shows interest and readiness later, we can guide families toward appropriate next steps.”

YELLOW CLASS DESCRIPTION IN ONE SENTENCE: “Strong basics building confident gymnasts.”