

GENERAL INFORMATION

HoppinTots™ Children's Gym is designed especially for the young child (ages 4 months to 6 years). We offer a variety of programs including: **parent-participation classes, 45-minute and 1-hour gymnastics classes without parents and 1½ and 2-hour drop-off programs.**

The HoppinTots™ staff is made up of extremely dedicated, very experienced instructors who are committed to making sure each child's experience is a positive one. We will also do our best to ensure that each parent has a wonderful experience at HoppinTots.

PHILOSOPHY

We feel it is important to start children on the right track to a healthy life. We want them to learn that physical activity is FUN. They will, in the process, develop body awareness and control, coordination, agility and listening and social skills. Equally important to the physical benefits, are the self-confidence and self esteem your child will gain by learning skills in a safe, fun and stress-free atmosphere.

POLICIES AND PROCEDURES

DRESS

Children should wear comfortable clothes that are easy to move in. They take class barefooted. Long hair should be pulled back.

CLASS MAKE UPS

Parent/child classes may be made up in any age-appropriate weekday or evening class without prior arrangement. To make up in a Saturday class, **you must make arrangements with the office. Drop-off make ups and "For Kids Only" class make ups must be arranged with the office.**

PAYMENTS & DISCOUNTS

- Full payment due at registration.
- 15% discount off class fees for each additional sibling when registered in the same session.
- 20% discount off second class if you register a child for two classes in one session.
- TWIN DISCOUNT – 15% discount for each twin if registered in the same session.
- In case of early withdrawal, refund will be given on remaining classes (minus a \$15 processing fee).
- \$25.00 charge for all returned checks.

STAFF

ANN KOTMAIR,	Owner	23 yrs. experience
COLLEEN FRANCE,	Instructor	22 yrs. experience
SARA CALLAHAN,	Instructor	19 yrs. experience
JILLIAN KOTMAIR,	Instructor	13 yrs. experience
TINA CONSTANTINIDES,	Instructor	2 yrs. experience
NINA JOHNSON,	Instructor	6 mos. experience

HoppinTots™ Children's Gym

Winter 2009 - 2010

December 7, 2009 – March 13, 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	45 & 60-MINUTE CLASSES					
9:20– 10:05 A	Baby Bears I (4 – 7 mos.)	Bigger Bears I (24 – 35 mos.)	Baby Bears II (8 mos. – walking)	*Little Hoppers (3-3.11 yrs.)	Little Bears II (18 – 23 mos.)	Little Bears I & II (walking – 23 mos.)
9:45 – 10:30 A	Little Bears I (walking – 17 mos.)	Little Bears I & II (walking – 23 mos.)	Little Bears I & II (walking – 23 mos.)	Baby Bears II (8 mos. – walking)	Little/Bigger Bears (18 – 35 mos.)	*Little Hoppers (3 – 3.11 yrs.)
10:10 – 10:55 A	Little Bears II (18 – 23 mos.)	Bigger Bears II (30 – 40 mos.)	Bigger Bears I (24 – 35 mos.)	Bigger Bears I (24 – 35 mos.)	Bigger Bears II (30 – 40 mos.)	Bigger Bears I (24 – 35 mos.)
10:40 – 11:25 A	Bigger Bears I (24 – 35 mos.)	Little/Bigger Bears (18 – 35 mos.)	Bigger Bears II (30 – 40 mos.)	Little Bears I (walking – 17 mos.)	Bigger Bears I (24 – 35 mos.)	10:40 – 11:40 A *HoppinKids (4 – 6 yrs.)
11:00 – 11:45 A						Bigger Bears II (30 – 40 mos.)
1:15 – 2:00 P	*Little Hoppers (3 – 3.11 yrs.)					
1:30 – 2:15 P	Baby Bears II (8 mos. – walking)					
4:00 – 5:00 P			*HoppinKids (4 – 6 yrs.)			
6:00 – 6:45 P		*Little Hoppers (3-3.11 yrs.)		6:00 – 7:00 *HoppinKids (4 – 6 yrs.)		
6:15 – 7:00 P		Little/Bigger Bears (walking – 35mos.)		Little/Bigger Bears (walking – 35 mos.)		
	1½ & 2 Hour DROP-OFF PROGRAMS					
11:00 A – 1:00 P	Double T's (2 – 3 ¼ yrs.)	Tumble & Fun (3 ¼ - 5 yrs.)	Double T's (2 – 3 ¼ yrs.)	Tumble & Fun (3 ¼ – 5 yrs.)	Double T's (2 – 3 ¼ yrs.)	
1:30 – 3:00 P		Combo Fun II (2 – 6 yrs.)	Combo Fun II (2 – 6 yrs.)			
3:30 – 5:00 P				Combo Fun II (2 – 6 yrs.)		

*Without Parents

OPEN GYMS

5:30 – 7:00 p.m. Wednesday
1:30 – 3:00 p.m. Friday
(sign up in advance required)
FREE TO REGISTERED STUDENTS AND SIBLINGS
\$10 CHARGE FOR GUESTS

IMPORTANT DATES

We will be closed Wed., December 23 through Sat., January 2 for Winter Break (classes resume Jan. 4)
Spring Session Dates: March 15 – June 13

Class Descriptions

Parent/Child Classes

Every week there is a fun theme and special emphasis. The gym set up changes according to the theme so that things are always fresh and exciting for the children as well as for the adults. Each class starts in the circle room with music, socialization and skill instruction. Then we move to the Obstacle Course which is done in a circuit (with the exception of Baby Bears), followed by the Exploration Area for free-play activities on the trampoline, bars, etc. Your class instructor will direct all activities. Each class ends with a game, parachute and bubbles. The fun never stops at HoppinTots™!

Baby Bears I (4 mos. – 7 mos.)

Songs and activities for babies in all stages of development (non-crawlers, crawlers, cruisers), including rolling, bouncing, climbing, etc. This is a very relaxed class—babies socialize; parents exchange ideas and talk about their concerns. In the first year or so, changes happen very rapidly. It's amazing watch as each baby progresses from week to week!

Baby Bears II (8 mos. – walking)

Little Bears I (walking – 17 mos.)

Beginning gymnastics. After songs in circle, parents are taught how to properly spot forward and backward rolls, etc. Children walk on balance beams, swing on the bars and jump on the trampoline. You'll be astounded at how quickly these little ones catch on!

Little Bears II (18 – 23 mos.)

Little/Bigger Bears (combined 1 & 2 year olds)

Bigger Bears I (24 – 35 mos.)

During circle time, more emphasis is placed on listening skills and imagination as well as on improving tumbling skills. Two's like to do everything "myself," so this is an exciting and challenging time! Many will learn to walk on the balance beam and do a forward roll without assistance.

Bigger Bears II (30 – 40 mos.)

For Kids Only Classes

Our "For Kids Only" classes start with warm-ups and skill instruction in the circle room. The fun theme for the week is revealed to the children; and, then...it's on to the Obstacle Course to practice skills learned in the circle room. Next, children will move to the Exploration Area to learn skills on bars, trampoline, balance beams, etc. At the end of class, there is a fun game, stamps and stickers.

Little Hoppers (3 – 3.11 years)

Tumbling, jumping, climbing, swinging...learning cooperation and listening skills. This is a fun-filled, stress-free approach to the fundamentals of gymnastics. →

HoppinKids

(4 – 6 years)

More fun, more skills! Children will learn cartwheels, bridge-ups and frogstands and refine other skills. This is a very active, exciting class!

Drop-Off Programs

Double T's (2 – 3¼ yrs.)

Combo Fun II (2 – 6 yrs.)

Tumble & Fun (3¼ - 5 yrs.)

All of our drop-off programs include free play in the circle room with toys as well as on our equipment. Children will receive gymnastics instruction, sing songs, make a craft, learn to take turns and share, play games and just HAVE FUN! It's great preparation for preschool.

Children should bring lunch and a drink and a change of clothes. PLEASE LABEL ALL BELONGINGS. **No Peanut Butter Please.**

Fees

45- Minute Class Fees

(See Class Schedule on reverse side)

	1 day/wk.	2 days/week
Baby Bears	\$ 174.00	\$313.20
Little Bears Bigger Bears Little/Bigger Bears	\$ 192.00	\$345.60
Little Hoppers	\$ 204.00	\$367.20

1-Hour Class Fee

(See Class Schedule on reverse side)

HoppinKids	1 day/wk.	2 days/wk.
	\$228.00	\$410.40

1½ & 2-Hour Drop-Off Fees

(See Drop-Off Schedule on reverse side)

	1 day/wk.	2 days/week
Double T's	\$342.00	\$615.60
Combo Fun	\$258.00	\$464.40
Tumble & Fun	\$342.00	\$615.60

starting children on the
right track to a healthy life.



Winter '09 – '10 SCHEDULE

DECEMBER 7, 2009 – MARCH 13, 2010



Ask about our
Birthday Parties!

6241 Falls Road
Baltimore, MD 21209

(Next to Princeton Sports)

410 337-7012

Fax: 410 337-8036

www.hoppintotsgym.com