

## Together We Grow

Combining over 20 years of hands-on experience and proven child development principles, our Growth Development Programs ensure that your child's physical, social, and personal potential is fulfilled.

As children grow with Tumbles, from a Squeaker crawling to mom and dad through a tunnel, to a Stomper traversing the rock wall in front of their peers, and finally to a Sporty Kids or Gymnast demonstrating teamwork in a game of soccer or showing their flexibility/muscle control, they gain the vital skills they need to grow into happier, healthier, and more confident young adults.



At Tumbles, we understand that as your child grows, so do their developmental needs.

- Gymnastics Kids** (3 - 9 yrs)
- Sporty Kids** (5 - 8 yrs)
- Jumpers** (4.5 - 5.5 yrs)
- Stompers** (3 - 4.5 yrs)
- Super Wigglers** (2.5 yrs - 3 yrs)
- Wigglers** (19 mos - 2.5 yrs)
- Wobblers** (11 - 18 mos)
- Squeakers** (4 - 10 mos)

## Tumble Zone

Ages 3 yrs +

Bring your kids for UNLIMITED PLAY in our 3-story indoor play structure - the Tumble Zone!



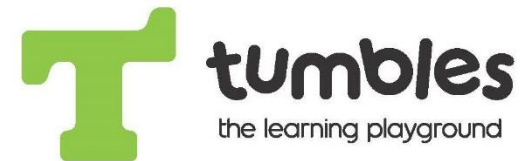
The Tumble Zone has been designed to allow children to "get fit for the FUN of it" while utilizing activities based on the major childhood development milestones. Parents can relax and watch the kids play while using our WiFi to work or have some well deserved "me time!"

### Tumbles of Princeton

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# Shaping the minds and bodies of the future





## Parent-Participation Classes

Ages 4 mos - 3 yrs old

Through a variety of music and games, your child will develop important skills such as hand-eye coordination, fine and gross motor skills, problem solving, and sharing with others.

### Squeakers (4-10 mos)

Spatial awareness and understanding of cause and effect begin to develop through exploration and interaction in our specially designed environment.

### Wobblers (11-18 mos)

Language acquisition and muscle control continue to progress as newfound mobility allows for more advanced activities like crossing the balance beam.

### Wigglers (19 mos - 2.5 yrs)

Confidence building and developing social skills complement each other well as peer interaction becomes more prominent and self initiated, especially during "separation time."

### Super Wigglers (2.5 yrs - 3 yrs)

Learning to wait for a turn and cheer for a friend's success on apparatus like the rope ladder make this class a great transition to the independent classes.



## Independent Classes

Ages 3-9 yrs old

Our advanced skills program takes into account the needs of our older tumblers and includes tumbling, sports activities, and gymnastics.

### Stompers (3 - 4.5 yrs)

Learning to follow directions and gaining confidence in separation from parents allows Stompers to excel in challenging activities like scoring a goal in soccer.

### Jumpers (4.5 - 5.5 yrs)

Jumpers prepare for success in school and physical education through the introduction of circuit training, advanced sports skills, and learning to listen and respond to cues.

### Gymnastics Kids (3 - 6 yrs & 7 - 9 yrs)

In this intro class, 3 - 6 year olds or 7 - 9 year olds will gain fundamental tools for gymnastics, including preparation skills for bars, beam, high bar, floor, vault, and rings. It is a non-competitive environment, so your Tumbler can learn and grow their individual strengths at their own pace.



Tumbles STEAM (Science, Technology, Engineering, Art, and Math) is designed to engage and challenge the minds and bodies of young children between the ages of 4 and 9 through the use of both basic and advanced science and engineering principles, innovative technology, out-of-the-box math thinking, hands-on activities, and literature while utilizing body-focused kinesthetic learning.

Our unique curriculum is based on **International Standards** of Math and Literacy.

## Birthday Parties



Ages 1 - 12 yrs old

Tumbles birthday parties are a mix of silliness and BIG TIME FUN – the perfect ingredients for an unforgettable day! With a variety of exciting themes, each party includes action-packed games, music, swinging, dancing, zip lines & MORE! Inquire about Tumble Zone Birthday Parties as well!

## Kids Night Out

Ages 3 - 12 yrs old

It's hard to decide who has more fun - you or the kids! Have a night out for yourself while your kids have a blast at Tumbles! Activities include everything from relay races to fort building, obstacle courses to crafts. A dinner of pizza is provided. Snuggle up in front of a G-rated movie in your pajamas and a blanket or play in the Tumble Zone.

## Camps

Ages 3 - 12 yrs old

Try our week-long day-camps for even more Tumbles FUN during Summer Vacation, School Breaks, and Holidays - different themes are offered every week. Both Gym and STEAM Camps include games, crafts, tumbling, Tumble Zone, & more!