

## Mission Statement

Powerhouse strives to provide the safest gymnastics environment through quality instruction that incorporates fun and enjoyable means of learning; to develop children holistically, providing each one with personal attention; and to help children develop as high self-esteem individuals ready to demonstrate their God-given talents and abilities.

## Our Philosophy

Our knowledge, expertise, and abilities, along with our compassion enable us to provide a superior service to our community. Above all, we believe in providing personal, one-on-one interactions with every individual in our organization.



## Tumble Bear Open Gym

Tumble Bears Open Gym will help your child develop physically, emotionally and they will burn off energy playing in our gymnastics facility! This is a fun and affordable way to see if our classes will be right for your child.

Ages 5 & Under

Mondays & Fridays, 11:30a-12:30p

Cost: \$15 per child per day

Registration online on the Event Calendar



## Contact Information

### Address

Powerhouse Gymnastics  
7707 West Loop 1604 N.  
San Antonio, TX 78254

### Office

(210) 767-9654

### Email

frontdesk@phtnt.com

### Website

powerhousetntgymnastics.com

POWERHOUSE GYMNASTICS ACADEMY  
**M.D.O.**  
**Preschool Program**  
AUGUST 2024-JULY 2025



**\*\*Powerhouse is not a licensed daycare.\*\***

Download the App:





### Who Can Join

- Boys & girls ages 2 1/2—5 years
- Must be potty-trained

### Primary Goal

The primary goal of Powerhouse is to instill in our students a lifelong love of learning. This program can also help you, the parent, add in some “me time” to your busy schedule each week.

### Benefits

Your child will learn a variety of cognitive, social, emotional, and language skills. (S)He will develop the ability for a smoother transition to formal schooling in the years to come. A structured routine can help your child flourish.



### Activities

- Social Studies
- Literacy Readiness
- Math Readiness
- Arts & Crafts
- Table Activities
- Group games
- Structured Artistic Gymnastics, Trampoline & Tumbling!
- Music to Movement
- Circle Time
- Alphabet, Colors, Numbers, Shapes recognition and more!



### Gymnastics Benefits

In a fun way, your child will learn:

- Gross motor skills
- Balance
- Control
- Strength
- Social Skills
- Flexibility
- Increased attention span

Experience:

- Bars
- Beams
- Rings

Trampoline:

- Tuck
- Pike
- Straddle jumps



Tumbling:

- Cartwheels
- Handstands
- Rolls
- And More!

### What to Bring

Lunch, water bottle, and backpack with change of clothes. Snack provided.

### Days, Times, Tuition, Fees

- ◆ Tuesday & Thursday 9:00a-2:00p
- ◆ \$265 per calendar month\*
- ◆ Tuition due 5th of month
- ◆ 10% discount 2 or more children
- ◆ Annual registration \$50
- ◆ Annual supply fee \$50

\*A nominal % increase will take effect every August.