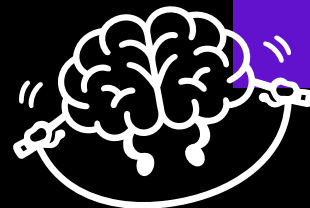




THE COGNITIVE GYMNASIUM

A RESEARCH-BACKED CHESS ENRICHMENT PROGRAM



WHAT IS THE COGNITIVE GYMNASIUM?

THE COGNITIVE GYMNASIUM IS AN ADVANCED CHESS ENRICHMENT PROGRAM THAT BUILDS EXECUTIVE FUNCTION SKILLS THROUGH STRATEGIC GAMEPLAY. UNLIKE TRADITIONAL CHESS INSTRUCTION FOCUSED ON MEMORIZING OPENINGS, WE USE A CONSTRAINT-LED APPROACH TO DEVELOP TRANSFERABLE COGNITIVE ABILITIES THAT SUPPORT ACADEMIC SUCCESS.

PROGRAM BENEFITS

FOR STUDENTS:

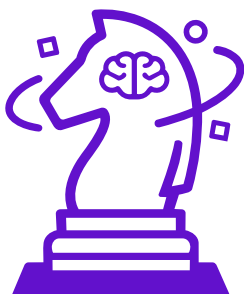
- EXECUTIVE FUNCTION DEVELOPMENT (IMPULSE CONTROL, PLANNING, WORKING MEMORY)
- STEM-ALIGNED THINKING (PATTERN RECOGNITION, ALGORITHMIC LOGIC, SPATIAL REASONING)
- GROWTH MINDSET THROUGH STRATEGIC CHALLENGE
- SOCIAL-EMOTIONAL LEARNING (RESILIENCE, SPORTSMANSHIP, SELF-REGULATION)

FOR FAMILIES:

- MEASURABLE COGNITIVE OUTCOMES (PRE/POST ASSESSMENTS)
- TRIMESTER/SEMESTER PROGRESS REPORTS
- RESEARCH-BACKED CURRICULUM WITH ACADEMIC RIGOR
- CONSISTENT, EXPERIENCED INSTRUCTORS EVERY SESSION

FOR SCHOOLS:

- ZERO ADMINISTRATIVE BURDEN
- FLEXIBLE ENROLLMENT/PAYMENT MODELS
- ALIGNS WITH STEM AND SEL STANDARDS
- PROVEN TRACK RECORD ACROSS MULTIPLE SCHOOL TYPES



PROGRAM OPTIONS

SEMESTER MODEL: 10-17 WEEKS

FLEXIBLE ENROLLMENT AND PAYMENT STRUCTURES AVAILABLE.

SCHOOLS CAN MANAGE ENROLLMENT DIRECTLY OR WE CAN HANDLE REGISTRATION.



PROGRAM STRUCTURE

DURATION: 10-17 WEEKS (ADAPTED TO SCHOOL CALENDAR)

FORMAT: WEEKLY 60-MINUTE SESSIONS

CLASS SIZE: 1:16-18 INSTRUCTOR-TO-STUDENT RATIO

AGES: K-6 (GRADE-APPROPRIATE INSTRUCTION)

MATERIALS: ALL CHESS SETS AND BOARDS INCLUDED

OUR METHODOLOGY

THE CAPABLANCA METHOD: WE START WITH SIMPLIFIED POSITIONS (FEW PIECES) AND GRADUALLY ADD COMPLEXITY. THIS CONSTRAINT-LED APPROACH FORCES STUDENTS TO DERIVE PRINCIPLES RATHER THAN MEMORIZE MOVES.

THE SCHOLAR'S CODE

STUDENTS LEARN DISCIPLINE THROUGH CONCRETE PROTOCOLS:

- TOUCH-MOVE RULE (ACCOUNTABILITY FOR DECISIONS)
- SIT ON YOUR HANDS (IMPULSE CONTROL TRAINING)
- SILENCE DURING GAMES (CONCENTRATION DEVELOPMENT)
- GRACEFUL RESIGNATION (EMOTIONAL REGULATION)

MEASURABLE OUTCOMES: STUDENTS ARE ASSESSED ON A 4-POINT RUBRIC MEASURING:

- BOARD VISION (TACTICAL AWARENESS)
- IMPULSE CONTROL (THINK BEFORE ACTING)
- PATTERN RECOGNITION (STRATEGIC THINKING)
- ETIQUETTE (SELF-REGULATION)

RESEARCH FOUNDATION

CHUNKING THEORY

(GOBET & SIMON):

EXPERT THINKING DEVELOPS THROUGH
PATTERN RECOGNITION, NOT ROTE MEMORIZATION.

EXECUTIVE FUNCTION TRAINING

(DIAMOND & LEE):

STRATEGIC GAMES BUILD TRANSFERABLE
COGNITIVE SKILLS
THAT SUPPORT ALL ACADEMIC LEARNING.

METACOGNITION

STUDENTS VERBALIZE THEIR THINKING PROCESS,
BUILDING SELF-AWARENESS AND
STRATEGIC DECISION-MAKING.

ABOUT THE INSTRUCTORS

DAVID GUTIERREZ - CO-FOUNDER & LEAD INSTRUCTOR

BACHELOR'S IN PHILOSOPHY, ASSOCIATE'S IN ELEMENTARY EDUCATION.
OVER SIX YEARS OF CHESS INSTRUCTION EXPERIENCE
ACROSS THE PHOENIX METRO, INCLUDING BASIS PRIMARY
NORTH, WEINBERG ELEMENTARY, KNOX GIFTED
ACADEMY AND HORIZON HONORS ELEMENTARY.
DEVELOPED THE COGNITIVE GYMNASIUM CURRICULUM
WITH A FOCUS ON BLENDING CRITICAL THINKING AND
CHILD DEVELOPMENT.

BEN HART - CO-FOUNDER & INSTRUCTOR

20+ YEARS OF CHESS EXPERIENCE, INCLUDING 3RD PLACE AT 2012 U.S.
NATIONAL CHAMPIONSHIP (U800) AND 1ST PLACE AT 2013 MISSOURI
STATE CHAMPIONSHIP. FULL-TIME CHESS COACH FOR 3+ YEARS
WITH A BACHELOR OF FINE ARTS IN GRAPHIC DESIGN. SPECIALIZES IN BUILDING
CRITICAL THINKING, SPORTSMANSHIP, AND ACCOUNTABILITY THROUGH CHESS INSTRUCTION.



CONTACT US:

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