



## **LITTLE DIPPERS**

This class is for parents (an adult) and children between the ages of walking-3 years old. Little Dippers is a fun introduction to gymnastics with a strong emphasis on socialization skills, fine and gross motor skills, gymnastics shapes and group involvement. Please remember that each child should have an adult accompany them throughout this entire class.

## **COMETS**

This class is for children that are 3 years old. In this class children will further develop balance, strength and flexibility through simple directions, rules, obstacle courses and fun gymnastics games. Students will also develop confidence as they accomplish new skills. Some of the skills they will be introduced to are forward and backward rolls, handstands, pull overs, casts, and tons of gymnastics shapes and vocabulary.

## **RISING STARS**

Rising Stars class is for 4 and 5 year olds. This is a more structured class where your gymnast will learn to swing, balance, and transfer his/her weight on and off equipment. They will continue to perfect their skills from the Comets class and be introduced to back hip circles, round-offs, and much more. This class is designed to prepare children for a smooth transition from our preschool program to our recreational program that begins at age 6.

## **SHOOTING STARS**

The Shooting Stars class is for 4 and 5 year olds who are proficient in their listening skill and whose skills are ready for more development and refinement. TEACHER RECOMMENDATION IS REQUIRED FOR THIS CLASS.