



Big Dippers

***Beginner class for age- 3-4.5 years**

***Little Dippers who have passed required skills on evaluation may enroll**

*This 50 minute class is designed for active 3 year olds to young 4 year olds who love to jump, roll, and hang! They will learn the basic body positions for gymnastics and use them while stretching as well as on the trampolines. The class will use the preschool bars to work on different types of hangs and swings. The monkey bars and the rings will be used to increase upper body strength.

*Each class will have the opportunity to use the beams to improve balance and coordination. Students will learn how to properly get onto the low beams as well as marching, walking, and jumping on the low beams independently.

*This is the perfect age to start working on galloping, skipping and jumping over objects with 2 feet. Each class time will work on these locomotor skills that are important for other sports and activities. Not only will the students work on physical skills, they will also become familiar with stations and the importance of taking turns while following the teacher's directions.

*All classes will be evaluated at the end of the session to see how much each student has improved over the 10 week session. Once they have passed their required skills they move up to our next level called Shooting Stars.

*Other skills that will be taught: Forward and backward rolls, spiderman hold (handstand against the wall), Front support on bars, donkey kicks, tuck jumps on trampolines, jumping up to a mat w/2 feet (squat on).