

## Spectrum Sports Inc.

SUPER ROMPER.... 4 ½ - 6 yrs. (55 min)

Achievement gymnastics class, using obstacle course learning with introduction to line drill learning. Class will promote all gymnastics apparatus in skill development. Progressions in learning skills are used to acquire technique, strength and flexibility for success in doing skills. The line drills are installed so they can continually practice progression and skills. The Obstacle course helps maintain the perpetual motion for the age of the participant. Advancing from the Super Romper could mean the Basic or Middle gymnastics for girls and Recruit Ninja for boys. The skills in this class are foundational skills for advancement for gymnastics and ninja. Children move through the class with a systematic progression towards skill development

7-8 Super Romps in a class