

# PRE-SCHOOL GYMNASTICS

## Jungle Gym:

Class length: 1 hour

- This class is designed for 3 and 4 year olds who are ready to learn the basics of gymnastics. Through the use of circuits and group instruction on all apparatuses. Gymnasts will work on gymnastics skills; including rolls, headstands, cartwheel, hops, and basic skills on trampoline, bars and beam.

## Kinder Gym

Class length: 1 hour

- This class is for 5 year olds who are in Kindergarten or have mastered the Jungle Gym class. We continue to train skill progressions through circuits and group instruction on all apparatuses. Some of the progressions are backwards rolls, handstands, cartwheels, jumps (straight, tuck, straddle, pike) on trampoline. Along with, glides, chin hangs, rollovers and pullovers on bars.