Tiny/Super Tots

About this Class: In this class, basic gymnastics skills are introduced, with a focus on motor and social skills. Children will develop skills in tumbling on the floor, running up to and jumping off the double mini trampoline, and jumping on our competition trampolines. They will also enjoy time in our foam pit and on our tumble track trampoline.

Parent participation (if needed) provides the child with a comfortable introduction into the world of gymnastics. Once the child shows the initiative to go without mom/dad, we encourage the parent to let them go!

**SKILLS TO BE INTRODUCED AND PRACTICED IN THE TINY TOT CLASS**

**Floor/Tumbling**

Skills:

* + Forward Roll
	+ Backward Roll
	+ Cartwheel
	+ Handstands
	+ Bridges
	+ Headstands

**Double-Mini Trampoline**

Skills:

* + How to stick
	+ Straight Jump
	+ Tuck Jump
	+ Straddle Jump
	+ ½ Turn

**Trampoline**

Skills:

* + How to stick (stop bouncing)
	+ How to exit the trampoline safely
	+ Straight jumps
	+ Tuck jumps
	+ Straddle jumps
	+ Pike Jumps
	+ ½ turns
	+ Seat drops
	+ Doggy drop (hands & knees)

**SKILLS NEEDED TO MOVE UP TO LEVEL 1 (along with being at least 4yrs old)**

**Floor/Tumbling:** Forward Roll, Stand up-Back ward Roll-Cartwheel over block-Handstand with feet on the wall

**Double-Mini Trampoline:** Know how to stick-Straight jump off-Tuck jump off-Straddle jump off

**Trampoline:** Know how to stick and exit trampoline-Straight Jump-Tuck jump-Straddle jump-1/2 turn-Seat drop to stand