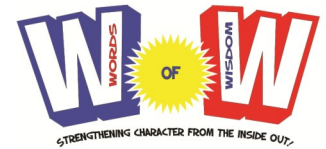




HOPPERS 1



EVERYTHING YOU NEED TO KNOW ABOUT OUR HOPPERS 1 CLASS!

AGES 3.5-4.5

Welcome to Hoppers Gymnastics!

Hoppers 1 is a 45 minute independent gymnastics class for students 3.5-4.5 years old. It is structured and taught just like a preschool class so that the kids can learn important social concepts alongside physical activity. Students will spend gym time doing circuits on our Just For Kids Bars, balance beams, inflatable trampoline, and floor stations. Gymnastics goals of the class include beginning cartwheels, donkey kicks, forward rolls, balancing and walking in releve, front support, forward rolls on bars, and more! Social goals include following directions, waiting their turn, working as a team, being kind and patient with classmates, and learning basic concepts of our Words of Wisdom program (friendship, manners, courage).

CLASS REMINDERS

- ★ Use the restroom **BEFORE** class
- ★ Have long hair tied back
- ★ Please have bare feet during class

BASIC GYMNASTICS SKILLS

Forward Rolls
Donkey Kicks
Jumping
Beg. Cartwheels
Balancing
Swinging
Hanging

PRESCHOOL MINI LESSONS

The Mini Lesson focuses on preschool readiness:

- Colors
- Letter recognition
- Numbers & counting
 - Right & Left
 - Directions
 - Jumping

CLASS FOCUS

- Sharing
- Patience
- Coordination
- Self-confidence
- Problem solving
- Listening skills
- Following directions
- Hand-eye coordination

Hoppers 1 Class Outline:

- Warm-up Stretching
- Game
- Floor Circuit
- Bar Circuit
- Balance Beam and Trampoline Circuit
- Mini Lesson

Our goal is to make sure that every gymnast gets the most out of their time with us, so they will be placed in skill and age appropriate classes. Coaches will monitor and record each gymnast's progress on a continuous basis and we will notify you as soon as your child is skill and age ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones.



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