



# HOT SHOTS

EVERYTHING YOU NEED TO KNOW ABOUT OUR HOT SHOTS!

AGES 6-8

## Welcome to Hot Shots Gymnastics!

Hot Shots is the second level gymnastics class for students 6-8 years old . This is a 1 hour traditional gymnastics class with a cardio warm-up and full stretch, followed by three circuits on floor, balance beam or vault, and bars. Gymnastics goals of the class include round offs, front limbers, handstand forward rolls, back walkovers, jumps and handstands on the high beam, heel drives on vault, back hip circles, sole circle drills, tap swings and more! Basic concepts of our Words of Wisdom program will be included during each warm-up and throughout the class (friendship, manners, courage).

## CLASS REMINDERS

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



### BASIC CLASS GOALS

Round off  
Front limber  
Back walkover  
Handstand roll  
Back hip circle  
Sole circle drills  
Tap swings  
Heel drive  
*and MORE!*

### POSITIONS & TERMS

Each class we will incorporate a position focus:

- **Finishing positions**
  - Pike
  - Straddle
  - Lunge
- **Hollow body**
  - Squat
- *and MORE!*

### WOW FOCUS

- Friendship
- Manners
- Courage
- Charity
- Commitment
- Responsibility
- Teamwork
- Confidence
- *and MORE!*

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 has mastered all of the goals of their class and is 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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