



# LITTLE TWISTERS

**EVERYTHING YOU NEED TO KNOW ABOUT OUR LITTLE TWISTERS!**

**AGES 5.5-6.5**

## Welcome to Little Twisters Gymnastics!

Little Twisters is a 45 minute independent gymnastics class for students 5.5-6.5 years old. It is structured like a traditional gymnastics class with a cardio warm-up and full stretch, followed by three circuits on floor, balance beam or vault, and Just For Kids bars. Gymnastics goals of the class include cartwheels, handstands, forward & backward rolls, bridges, walking on balance beams in all directions, proper board drills and running, pullover on the bars, straight body 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 GYMNASTICS SKILLS

- Cartwheels
- Bridges
- Handstand
- Rolls
- Pullover
- Board Drills
- Balancing

### POSITIONS & TERMS

Each class we will incorporate a position focus:

- Tuck
- Pike
- Straddle
- Lunge
- Safe Landing
- Squat

### 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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