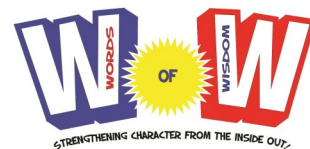




MINI STARS



EVERYTHING YOU NEED TO KNOW ABOUT OUR MINI STARS CLASS!

AGES 2-4 YRS

Guidelines while in Class

- **No cell phones** (we need your attention on your child at all times.)
- **No food or drink** in the gym
- **No shoes** in the gym (parents can wear socks & kids go barefoot or socks with grips)
- Wear comfortable clothes
- If you need to leave the gym, please take your child with you (ie: bathroom, phone call)
- If your child wonders off just keep bringing them back to the group



POSITIONS & TERMS

- | | |
|------------|----------------|
| - Tuck | - Straight |
| - Pike | - Lunge |
| - Straddle | - X |
| - Squat | - Safe Landing |

CLASS FOCUS:

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

Mini Star Class Outline:

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

Lesson plans are changed every 2 weeks.

How Can You Help Your Mini Star?

Mini Stars is a parent participation class. It is structured and taught just like a preschool class so that the kids can learn important social concepts, such as waiting their turn, one at a time, working as a group, and being independent. Learning these things can take some extra help and one-on-one attention! It is very important that when participating in a parent-tot class, the parents are actively involved with their child. This is a great bonding experience for the child and adult! We ask that parents stay with their child through the entire class and only 1 parent participates per student.



Basic Gymnastics Skills

Rolls
Donkey Kicks
Jumping
Balancing
Swinging
Hanging



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American Allstars
Gymnastics Academy