



HOPPERS



EVERYTHING YOU NEED TO KNOW ABOUT OUR HOPPERS CLASS!

AGES 4 -5.5

Welcome to Hoppers Gymnastics!

Hoppers is a 40 minute independent gymnastics class for students 4-5.5 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 & backward rolls, balancing and walking in releve, front support hold, forward rolls on bars, pullovers 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 all hair tied back
- ★ Please have bare feet during class or socks with grips on the bottom



BASIC GYMNASTICS SKILLS

- Front & Back Rolls
- Handstand Kick Ups
- Jumping
- Intro Cartwheels
- Balancing
- Swinging
- Pullovers

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 Class Outline:

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

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 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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