



MINI STARS



EVERYTHING YOU NEED TO KNOW ABOUT OUR MINI STARS CLASS! AGES 2.5-4 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
- If your child wanders off just keep bringing them back to the group



Mini Star Class Outline:

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

Lesson plans are changed every 2 weeks.

CLASS FOCUS:

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

POSITIONS & TERMS

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

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

