

On My Own

Overview

This is a co-ed class for 3-5yr old's and has a primary focus on developing body awareness, motor skills, balance, coordination, and spatial and perception skills.

Some of the skills covered include mastering the following:

General	<ul style="list-style-type: none">● Bouncing on a trampoline for balance and motor skills● Basic flexibility and strength● Introduction of gymnastics terminology
Vault	<ul style="list-style-type: none">● Running● Two foot punch● Stick landing
Bars	<ul style="list-style-type: none">● Hanging and swinging from a low bar● Front support● Assisted casting● Assisted pull over
Beam	<ul style="list-style-type: none">● Walking with balance● Hopping● Releve walk
Floor	<ul style="list-style-type: none">● Sitting positions such as the straddle, tuck, and pike● Two-foot jumping skills, such as bunny hop and frog jump● Rolls – from log rolls to forward rolls

Other Benefits

This class will also start teaching kids more personal and social skills such as patience, how to take turns, pay attention, and how to take direction.

Our instructors will use an approach that builds confidence and encourages good socialization with the others.

Enrollment Requirements

This class does require the student to be potty trained and have a parent/adult on site if they need assistance using the restroom.

Must be at least 3yrs old at time of enrollment and able to follow basic instructions without parental assistance.