



CLASS DESCRIPTIONS

Mommy & Me

This class is free playtime to help the child feel comfortable before moving up to the 2--year--old class. The teacher will introduce various gymnastics skills to the child. It also enables the parent to work with their child on locomotor skills, strength building, eye--hand coordination as well as social skills, learning to take turns and follow directions. The teacher will instruct the parents as to proper techniques of each skill and how to correctly assist their child. This class is designed to explore a variety of movements such as, climbing, rolling, jumping, hopping, swinging, balancing and lots of fun. Class time is 30 minutes.

2 Year Olds

This class continues to emphasize the development of coordination and large motor skills as well as strength, flexibility, balance, and self--confidence. In addition, children are encouraged to attend class alone and will be introduced to the concepts of lines and taking turns. Through the use of music and games, the class encourages both movement education and creative expression. This class provides high support and low frustration environment with lots of jumping, rolling, climbing, swinging, running and fun. Class time is 45 minutes.

3 & 4 Year Olds

This hour--long class is designed to introduce 3 & 4 year olds to basic gymnastics and loco--motor skills. Each class begins with the instructor first "warming up" the child's muscles by introducing body positions, strength--building activities and flexibility exercises. The instructor will then introduce the students to the equipment used during that particular class time, such as the Tumbl Trak, climbing rope, bars or soft tumbling equipment. Training circuits are set up on the floor to teach various gymnastic skills. During circuit training, each child will receive personal attention from the instructor and lots of turns on the equipment, with very little waiting time. At the end of each class, the instructor(s) will share a Bible story and prayer.

5 & 6 Year Olds

This is a beginner class that will teach the basic fundamentals of tumbling. Students in this class will work on basic progressions and begin to improve on technique and form. The teacher will individualize instruction as to each child's ability level. Basic floor tumbling will be the main focus of this class. Each week your child will rotate to various stations and work on a progression of basic tumbling skills. Students in this class will work on Backward Rolls, Handstand drills, Cartwheels, Bridge Kickovers, Backbend Kickovers, Round Offs, Body Position for Back Handsprings and Beginning Back Handsprings. Teachers will assist each child with hands-on spotting technique to ensure body alignment and muscle memory. This class is a one-hour class that is challenging, but fun, with prayer and devotion at the end.

Basic Tumbling

This one-hour class will have the opportunity to be challenged and experience success learning basic tumbling skills. Students are introduced to more challenging tumbling skills while working on technique and form. Basic Floor tumbling will be a main focus with spotting station and hands-on spotting with emphasis on safety and body position. Students in this class will work on Cartwheels, Backbend Kickovers, Handstands, Back Walkovers, Round Offs, Standing Back Handsprings and Round Off Back Handsprings. This class is geared more to each child's individual strengths and weaknesses. This is an exciting class ending with prayer and devotion.

**To register now for Fall classes call: 918-317-2259
Schedule online at: almightysports.org**