



Super Nova's

***Recommended starting age – 5-5.5 years old**

***Shooting Stars who have passed required skills on evaluation may enroll**

*This 55 minute class is designed to challenge and motivate kids to work hard and have fun! Each student will learn how to properly stretch and apply the basic gymnastic positions to all skills and jumps. Handstands will be taught against the wall and on the gymnastic floor. Bridges will be introduced to increase upper body strength as well as shoulder flexibility. Children at this age are starting to understand how to apply different movements to gymnastic skills.

*All classes will have many opportunities to use the preschool bars and the recreational bars. They will learn how to achieve glide swings, forward roll dismounts and a pull over with help. Students will feel proud practicing these skills and many more on the recreational gymnastic bars.

*Trampolines are also an important part of the class. They will learn tuck, straddle, pike, and split jumps as well as seat drops. The students will also get to use the springboards as they learn the basic skills for vaulting.

*Each student will become more confident on the beams. They will be working on jumps, kicks, forward rolls, straddle mounts and dismounting onto feet. All students will get to work at their own comfort level with the different levels of beams.

*All classes will be evaluated at the end of the session to see how much they have improved and to see if they are ready for the next level of class. (Recreational or Pre-Team)

*Other skills that will be taught: Straight jumps off springboard lunge to handstands, forward rolls, straddle rolls, skipping and leaping. Students will also be expected to follow the instructor's directions and safety rules of the gymnastic equipment.