



## **Shooting Stars**

**\*Recommended starting age – 4.5-5 years**

**\*Big Dippers who have passed required skills on evaluation may enroll**

\*This class is designed to keep the kids moving and motivated the entire 55 minutes. They will be challenged with new skills and taught the importance of stretching. At this age children are becoming more aware of what their bodies can do and how to control their bodies during basic movements.

\*Each class will continue working on forward rolls on the floor and will be introduced to the proper technique for a backward roll. Cartwheels will also be taught and each student will be able to practice them over various objects depending on their ability level.

\*The class will spend time at the bars working on front supports, shimmies, W-hangs, pull over and mountain climbs. The beams of various levels will also be used to increase balance and coordination.

\*Trampolines will be used during each class time. All jumps will be taught which includes tuck, straddle, pike and seat drops. Students will have a great time practicing these drops in the “ketchup” and on the tumble tracks. Along with jumping, the class will begin to use the spring boards designed for small children. Using the spring board correctly is an important skill needed for vaulting which will be introduced in the next class level.

\*All classes will be evaluated towards the end of the session to see how your child has improved. They will be excited to see their improvement and feel confident about themselves. Once they have passed their required skills they may move up to the Super Nova’s.

\*Other skills that will be taught: Candlestick position, glide swing using a barrel, toe kiss, waterfalls, splits, and putting together basic skills to create a mini routine.