

PRESCHOOL CLASS DESCRIPTIONS



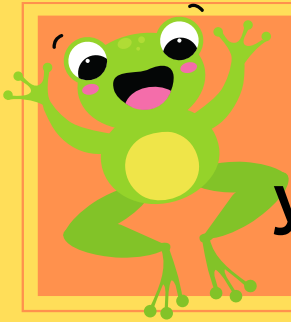
At Dahlongega Gymnastics



**18-36
months**

Parent and Child Gymnastics- 30 minutes

This is a teacher led class where a caregiver is present to assist the child. Learn how to help your child develop motor skills while socializing with other caregivers.



**2-3
years**

Leap Frog Class- 30 minutes

A small sized preschool class for two's that are ready for an independent class. Class includes a warm-up to learn gymnastics shapes, a group obstacle course, free play in our classroom and pit play at the end of class.



**3-4
years**

Flying Squirrel Class- 45 minutes

Students who show good listening skills are ready for our longer class that features 2 skill circuits, group games, musical activities in our classroom. We also spend the last 10 minutes of class in the big gym.



**PreK
& K**

Wise Owl Beginners- 55 minutes

This is a beginner gymnastics class for Pre-K and Kindergarten students. We spend half the class in The Tree House using the smaller equipment. The other half of the class is in the big gym for balance beam, floor, trampoline and pit activities.

PRESCHOOL



How we structure our classes



**18-36
months**

Parent and Child Gymnastics- 30 minutes

5 minute Welcome- Warm-up Activity
10 minute Circuit with caregiver
5 minute Group Game/Song with props
5 minute Pit/Tumbl-Trak Open Play
5 minute Class Closing



**2-3
years**

Leap Frog Class- 30 minutes

2 minutes Welcome/Warm-up Song or Activity
3 minutes Review shapes (Stretching Routine)
8 minute Floor Circuit
3 minute Group Game or Teaching Time
5 minute Open Play in Treehouse
5 minute Big Gym Play and Class Closing



**3-4
years**

Flying Squirrel Class- 45 minutes

5 minute Group Game/Welcome
5 minute Review shapes/Stretch
8 minutes Floor Circuit
2 minute Group Game/Teaching Time
8 minutes Bar/Swinging Circuit
5 minutes Show off your Skills or Group Game
10 minutes Big Gym Fun and Class Closing



**PreK
& K**

Wise Owl Beginners- 55 minutes

5 minutes Stretch/Review Shapes
10 minute Floor Stations
15 minutes Bar Station
15 minutes Beam Stations in big gym
8 minutes Fun Stuff at Trampoline or Tumbl-Trak
2 minutes Class Closing

PRESCHOOL

Curriculum for Age 1-Kindergarten



**18-36
months**

Kids up to age 3...

Safety- no jumping or dropping higher than chest
No bridges- tabletops are great for mobility and strength

Motor Skills- walking, running, jumping forwards and sideways;
backwards is acceptable if they are not fearful, spinning, swinging

Floor Skills- log rolls, forward rolls, puppy dog rolls, walk up the wall
handstands, tuck jumps, open-close jumps

Shapes- tuck, pike, straddle, straight, tabletop
Bars/Rings - hangs, lift knees, lift toes, swing on low bar
*Front supports can be done from tippy toes
Beam- walking, climbing onto and off the beam
Vault- standing on spring board and jumping off, running



**2-3
years**

Kids age 3- 4

Safety- no jumping or dropping higher than chest
No bridges- tabletops are great for mobility and strength

Motor Skills- walking, running, jumping in all directions. Hopping on one foot
(4 year old milestone), balance on one foot, spinning, swinging

Floor Skills- log rolls, forward rolls, backward roll down incline, walk up the
wall handstands, tuck jumps, straddle jump,

Shapes- tuck, pike, straddle, straight, tabletop, lunge, candlestick
Bars/Rings - hangs, lift knees, lift toes, swing on low bar, front support,
backward rocks (with coach), walk up wall to pullover, flip unders, monkey
walk, koala hangs

Beam- walking, climbing onto and off the beam, one leg balance, crossing the
midline, dip walks

Vault- hurdle approach, punch jump, squat onto a block, jumps off a block
to safe landing, running drills, skipping (not a milestone until they are 4 years
old)



**3-4
years**