

# LIONS CLASS

Class Time:  
45 min

## COURSE OBJECTIVES

Your kiddo will have fun with creative movement, and building focus, strength, and body awareness. Students will learn beginner elements on the floor and trampoline while developing a strong foundation of basic skills.

## COURSE FOCUS

### FLOOR

- Unassisted Forward roll
- Assisted Backward roll
- Cartwheel
- Handstand hold(3 sec)
- Round-Off
- Bridge from standing - hold for 10 counts with spot

### BODY POSITIONS

- Candlestick
- Hollow Body
- Bridge Hold (10 Sec)
- Pike

### TRAMPOLINE

- Seat Drop to feet
- Jump Half Turn
- Pike Jump

**NEXT CLASS: PANTHERS**

