

TIGERS CLASS

Class Time:
45 min

COURSE OBJECTIVES

Your child will have a blast exploring creative movement and stretching while building focus, strength, and body awareness. Students will develop skills using floor and trampoline.

COURSE FOCUS

FLOOR

- Forward roll on a mat with assistance
- Backward roll on a mat with assistance
- Tabletop bridge
- Donkey kick
- Handstand hold on wall 3 sec
- Cartwheel on/over mat

TRAMPOLINE

- Seat Drop
- Straddle Jump
- Tuck Jump

BODY POSITIONS

- Bridge
- Push-Up
- Plank
- Superman



NEXT CLASS: LIONS


**PREMIER
PRESCHOOL**