Skill Tree - Parent View - December Fun!

🔴 RED (Parent & Child)
RED classes will enjoy festive songs, reindeer stretches, and holiday-inspired obstacle courses while practicing some of our favorite gymnastics skills! Little gymnasts will explore balancing, climbing, jumping, rolling, and swinging while developing coordination, body awareness, and confidence.

🟢 GREEN (3 Years)
GREEN classes will enjoy festive warm-ups, reindeer stretches, and exciting holiday-themed obstacle courses while revisiting some of their favorite gymnastics skills! Students will practice balancing, jumping, rolling, climbing, and introductory handstands and cartwheels while building strength, coordination, and independence.

🟡 YELLOW (4–5 Years)
YELLOW classes will enjoy holiday-inspired warm-ups, creative obstacle courses, and fun gymnastics challenges throughout the month! Students will revisit and refine skills such as rolls, handstands, cartwheels, jumps, and balance beam movements while focusing on strength, coordination, body control, and proper technique.

Skill Tree - Coach Reminder

* = Introduced (student was present for SOF)
** = Practicing (student tried doing SOF)
*** = Confident (student can do SOF easily)