

# SKYCHASERZ CLASS

**Class Time:  
45 minutes**

**8-11 Years Old**

## Physical Development

### Floor / Conditioning

- Forward rolls, cartwheel variations, round-off progressions
- Push-ups, plank holds, mountain climbers
- Agility ladders, quick-feet drills
- Partner relays and bodyweight circuits

### Balance / Beams

- Beam walks with fitness holds (squats, lunges, push-ups on beam)
- Side shuffle and quick step drills

### Bars / Hanging Strength

- Monkey swings with grip endurance
- Pull-over drills and chin-up progressions
- Hanging tuck → pike → straddle holds
- Rope climbs with timed challenges

### Trampoline / Plyometrics

- Straight jumps, tuck jumps, straddle jumps
- Combination jump patterns (seat drop → feet → tuck)
- Plyometric bounding drills
- Safety jump into foam or mat

### Fitness Games

- Ninja tag with fitness “penalties” (plank, push-ups, etc.)
- Team relay races with mixed obstacles
- “Beat the Clock” circuit challenges

## Social Development

Promotes teamwork through partner drills and group fitness challenges. Encourages leadership and confidence as kids set and achieve personal goals. Develops a love for fitness!!

## Cognitive Development

- Learns to think ahead when deciding the best way through an obstacle.
- Practices focus and concentration while holding balances or completing circuits.
- Builds confidence to try again when an obstacle feels tricky the first time.

**NEXT LEVEL:  
COMING SOON!**

**KIDZ  
GYM**

