



Flipping Futures in the right direction

Rebounders
Gymnastics and Dance

Pre-School Gymnastics & Dance

3 to 5 1/2 years
40 minute classes

PRE-SCHOOL GYMNASTICS



Students will learn basic *gymnastics skills and terminology* using both special *pre-school and full sized Olympic equipment*. Classes are designed to help children *develop balance, body awareness, strength, flexibility and coordination*, while teaching the basic fundamentals of waiting your turn, standing in line, following *obstacle courses* independently, and staying with the instructor (group).

Carefully designed gymnastics lesson plans incorporate *weekly themes, music, stumps, and games* to provide a safe and exciting progression that will challenge each child to the best of their ability throughout the year. We offer the following gymnastics classes:

PRE-SCHOOL DANCE

Dance students will explore movement through basic dance technique, movement sequences, and dance terminology. Creative, technical, and choreographic dance experiences will be provided within contemporary dance styles, including hip hop, jazz, modern, musical theater, and music video venues. Students will increase flexibility, strength, coordination, balance and movement memory as they learn fundamentals of dance. We recommend

DANCE/GYM COMBO CLASSES



as most contemporary dance styles today integrate many gymnastics moves. We offer Dance/Gym Combo or Dance only classes.

**PLEASE REFER TO OUR REGISTRATION FORM FOR
REBOUNDERS CLASS SCHEDULE**