



Little Dippers
Ages 2-3 years or New 3 year olds

*This class is designed for children who have graduated from Tiny Twinklers or New 3 year olds who can participate without a parent and can follow simple directions. The class is 45 minutes of continuous activity using the preschool gymnastic equipment, trampolines, and the foam pit.

*With a small teacher to student ratio each child will receive proper instruction and many opportunities to practice each skill. They will be taught skills that help develop and improve balance, coordination, flexibility, agility, and strength.

*Not only will they work on physical skills, they will also be working on their listening skills and being able to follow a circuit. They will be taking skills that they learned in the Tiny Twinklers class and adding to them. Such as, instead of only doing bear walks on the floor they will now be practicing bear walks on a low beam to increase upper body strength and coordination.

*Other skills taught: Forward and backward rolls, spiderman holds, different hangs using the preschool bars, walking on the low beam, galloping, straddle jumps on the trampolines, and walking in a line with classmates.

*Once they have passed their required skills in Little Dippers they may move onto our next level called Big Dippers.