



**Desert Storm Elite**

**EXCITING NEWS!!  
PRESCHOOL CLASSES NOW  
STARTING AT  
DESERT STORM ELITE  
ATHLETICS**

**TUESDAY; 10:00 AM – 10:50 AM**

**LITTLE DUST DEVILS**

**AGE 2 AND 3 YEAR OLDS**

\*TUMBLING, TRAMPOLINE, STRENGTH  
TRAINING, FLEXIBILITY AND AGILITY.

**WEDNESDAY; 9:30 AM– 10:15 AM**

**MOM & TOT TORNADOS**

\*MOVEMENT, MUSCLE CONTROL, INTRODUC-  
TION TO TUMBLING AND TRAMPOLINE.

**WEDNESDAY; 10:30 – 11:50**

**ROLLING THUNDER**

**AGE 4 AND 5 YEAR OLDS**

\*TUMBLING, TRAMPOLINE, STRENGTH  
TRAINING, FLEXIBILITY AND AGILITY.

**TUMBLING:** Introduction to forward rolls, backward rolls, cartwheels, round  
offs, handstands, back bends and backhand springs.

**TRAMPOLINE:** Introduction to all types of jumps and body control plus learning  
trampoline skills.

**STRENGTH TRAINING:** Bar work, pull ups, upper and lower body strength so  
the athlete is training their body to excel in all sports.

**FLEXIBILITY & AGILITY:** Teaching and training for complete body control.

**FOR MORE INFORMATION PLEASE CONTACT**

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**OR KATHY@DESERTSTORMELITE.COM**