



SPRINGBOARD Day

BUGS: 4 - 10 MONTHS

WELCOME TO AN EXCITING STAGE OF EARLY MOVEMENT AND DISCOVERY! YOUR LITTLE ONE IS A BUG!

Your baby is beginning to explore the world around them, and this parent/child class provides a nurturing space to build strength, coordination, sensory awareness, and community.



WHY THIS CLASS MATTERS

- Builds strength to roll, crawl, sit or stand.
- Encourages sensory exploration, fostering cognitive growth
- Supports bonding through interactive partner exercises
- The Little Gym offers a safe environment for reaching early milestones through developmental gymnastics & sensory play



KEY SKILLS LEARNED

- Strengthening tummy time and core stability
- Foundational coordination like gross & fine motor skills
- Sitting and rolling over; standing and weight bearing
- Grasping and early fine motor skills
- Sensory play to boost cognitive growth
- Increased vestibular system (improved balance and inner ear development)
- Secure attachment, social-emotional skills & early communication like baby sign

...AND MORE!

WHAT YOU CAN EXPECT

This parent-child class fosters bonding through music, movement, sensory play, and early social interaction, helping babies build strength, coordination, and confidence in a supportive setting.

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WHAT COMES NEXT



As your little one starts crawling and standing, they'll be ready for the **Birds class (10-19 months)**, where they'll build strength and balance for early locomotor skills like walking and running.



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BIRDS: 10 - 19 MONTHS

YOUR LITTLE ONE IS SPRINGBOARDING!

Now on the move, your child is beginning to explore the world in exciting new ways. This parent-child gymnastics class focuses on balance, coordination, and developing the confidence to take their first steps—literally and figuratively!



WHY THIS CLASS MATTERS

- Improves balance, coordination, and spatial awareness
- Strengthens muscles to walk, run, climb, & even tumble
- Encourages problem-solving through movement & sensory integration
- Builds confidence in exploring new environments & safe risk-taking



KEY SKILLS LEARNED

- Independent locomotor skills like crawling, walking & running
- Strength-building & tumbling activities on soft play, gymnastics equipment
- Spatial awareness, object tracking and hand-eye coordination
- Language development & direction following through early group learning
- Develop social & emotional skills through parallel play
- Learning new movement sequences for balance, body control & confidence

...AND MORE!

WHAT YOU CAN EXPECT

This lively parent-child class supports balance, coordination, and problem-solving through engaging music & movement activities, helping little ones gain confidence as you explore new skills, together in the gym.

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WHAT COMES NEXT



When walking and climbing become second nature, your child is ready for **Beasts (19 Months - 2½ years)**, where these new runners will refine coordination and start learning basic gymnastics skills.



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BEASTS:
19 MONTHS - 2^{1/2} YEARS

YOUR LITTLE ONE IS SPRINGBOARDING!

At this stage, your child's energy is boundless, and they are eager to explore more independently! This parent-child class introduces gymnastics basics, building strength, balance, and coordination while encouraging confidence and independence in movement.



WHY THIS CLASS MATTERS

- Strengthens coordination, balance, and agility
- Encourages independence and self-confidence
- Introduces structured play and listening skills
- Develops social/emotional skills like teamwork and patience
- Builds a love for movement in a fun, safe setting



KEY SKILLS LEARNED

- Basic tumbling (forward rolls, balancing, & jumping)
- Climbing and grip strength development
- Hanging and swinging on bars, safely landing on feet
- Walking across low beams independently
- Introduction to assisted handstands & cartwheels
- Listening and social skills through interactive play & instruction

...AND MORE!

WHAT YOU CAN EXPECT

This parent-child class builds strength, coordination, and independence while introducing early gymnastics fundamentals. Children explore equipment, develop agility and balance, and gradually transition to more independent movement taking directions from their instructors along with parental support.

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WHAT COMES NEXT



When your child is a Super Mover, they're ready for **Super Beasts (2^{1/2}- 3 years)**. These top toddlers will refine coordination, start learning basic gymnastics skills more independently, and engage in interactive play to build the listening skills needed for pre-school.



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SUPER BEASTS:
2^{1/2} - 3 YEARS

YOUR LITTLE ONE IS SPRINGBOARDING!

At this stage, your child's ready to channel all that energy into new challenges in a safe, nurturing environment! This transitional parent-child class helps children prepare for our independent Pre-School program, by developing a love for learning with parental support. Children learn more independent gymnastics skills, build listening skills & learn how to play with friends during instructor-led activities. A great start for your soon-to-be pre-schooler!



WHY THIS CLASS MATTERS

- Coordinated running, galloping & jumping machines
- Build trust with their gymnastics instructor
- More structured play develops early listening skills
- Instructor-led games foster teamwork and patience
- Builds a love for learning in a fun, safe setting before pre-school



KEY SKILLS LEARNED

- Basic tumbling (introductory forward rolls, handstands, cartwheels)
- Jumping down from a height, safely landing on 2-feet
- Hangs, swings & mounts on bars
- Directional walking across low and high beams
- Following directions and working with others in a group format
- Build trust with their first "coach"

...AND MORE!

WHAT YOU CAN EXPECT

This final parent-child class sets a strong foundation of physical, cognitive, and social skills needed in pre-school.

Children develop a positive relationship with a first "coach" to grow fundamental gymnastics skills, listening skills, and teamwork.

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WHAT COMES NEXT



As coordination and confidence improves, children move into **Funny Bugs (3 years)**, where they'll begin learning structured gymnastics skills in an independent-setting, surrounded by fun & imagination.



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FUNNY BUGS:
3 YEARS

YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Your child is gaining independence and refining movement skills! This instructor-led class blends imaginative play with our structured gymnastics curriculum to help preschoolers build strength, body control, and confidence in a fun and supportive environment.



WHY THIS CLASS MATTERS

- Learns to develop independence and self-regulation
- Strengthens motor skills, balance, and coordination
- Begins to follow directions with independent participation
- Encourages creative movement and problem-solving
- Builds social confidence & friendships in a playful setting



KEY SKILLS LEARNED

- Forward and backward rolls
- Basic cartwheel & handstand progressions
- Introduction to vaulting
- Directional walking & poses on higher beams
- Swinging and strength-building exercises on bars & rings
- Learning controlled landings and safe falling techniques
- Following directions through imaginative & interactive play

...AND MORE!

WHAT YOU CAN EXPECT

This class builds confidence and independence through a mix of structured and safe, explorative activities. Preschoolers start to learn gymnastics techniques, listening and social awareness through instructor-supported skill development and positive reinforcement.

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WHAT COMES NEXT



As skills develop, children transition to **Giggle Worms (4 years)**, where they'll further develop gymnastics techniques, building more strength and flexibility along with confidence and character.



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GIGGLE WORMS:
4 YEARS

YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Your child is developing more control over their body and movement. This class introduces new gymnastics skill progressions while promoting teamwork, creativity, and confidence. Through structured learning and Seriously Fun challenges, they'll refine their coordination and prepare for future skill-building opportunities.



WHY THIS CLASS MATTERS

- Enhances coordination, strength, and flexibility
- Builds confidence through new skill mastery
- Develops teamwork and social interaction
- Encourages independence, self-regulation & self-motivation
- Strengthens problem-solving and creative thinking



KEY SKILLS LEARNED

- "1, 2, 3 Cartwheel" & Handstands with a back leg kick
- Vaulting and proper landing techniques
- Controlled jumping sequences & directional movement patterns
- Independent step variations & poses on higher beams
- Swings, hangs, holds & upper body strength training on bars & rings
- Listening skills & language development in a group setting
- Interactive social & emotional skills with team and coaches

...AND MORE!

WHAT YOU CAN EXPECT

This class builds confidence and cooperative learning through structured activities, gymnastics techniques, and instructor-supported skill development, all while positively reinforcing listening comprehension and social skills.

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WHAT COMES NEXT



These master movers are ready to join **Good Friends (5 years)**, where they'll work together to learn more complex gymnastics skill combinations, boosting confidence and resilience as they cheer each other on.



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GOOD FRIENDS:
5 YEARS

YOUR LITTLE GYMNAST IS SPRINGBOARDING!

Beaming with confidence, your Master Mover is ready for new challenges and more complex skill combinations. This transitional class introduces progressive gymnastics skills, group tumbling, and team-building challenges to start your little gymnast off strong in preparation for our Grade School program.



WHY THIS CLASS MATTERS

- Adds fluidity to more complex motor skills
- Builds confidence through new skill acquisition
- Learns how to be part of a team
- Encourages peer support and motivation
- Improves sequential learning through gymnastics skill combinations



KEY SKILLS LEARNED

- Tumbling: Cartwheels, Rolls & Handstands
- Vaults: Straddle On, Straddle Over & Supported Handspring Vaults
- Beam: Balances, Locomotor & Tumbling Skills
- Bars: Big Swings, Supports & Circles on Low and High Bars; Rings
- Memorizing popular gymnastics skill combinations
- Group Tumbling synchronization, team work & coachability

...AND MORE!

WHAT YOU CAN EXPECT

Good Friends work together to learn gymnastics skill combinations, and develop the spatial awareness needed for the Grade School gymnastics program through stretching and group tumbling exercises.

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WHAT COMES NEXT



Next, children advance to **Grade School Gymnastics (6-12 years)**, where gymnasts focus on more advanced skills with structured progressions in a non-competitive, fun, team-oriented environment.



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FLIPS:
6 - 12 YEARS (BEGINNER)

YOUR GYMNAST IS SPRINGBOARDING!

Your child has reached an exciting stage in their gymnastics journey! This is a playful, fun based class teaching the correct fundamentals. Trained instructors introduce challenging gymnastics skills, that your child will review and master to build their body strength, coordination and confidence.



WHY THIS CLASS MATTERS

- Builds strength, balance & coordination
- Teaches determination, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Enhances confidence through new skill mastery
- Encourages focus, coachability & teamwork in a fun setting



KEY SKILLS: BEGINNER

- Tumbling:
 - Cartwheels & one-handed Cartwheels
 - Handstands & Handstand Forward Rolls
 - Backwards roll down an incline
 - Front & Back Handsprings with support
 - Bridge & split progressions
- Vaulting: Straddle, Squat & Beginner Handspring Vaults
- Beam: Mount variations; Balances & Travels along the beam
- Bar: Cast off dismount; Re-grip swings; Pull over variations
- Rings: Holds, Supports, Hangs

...AND MORE!

WHAT YOU CAN EXPECT

A structured class for children refining gymnastics skills through strength, flexibility, and confidence-building. With a focus on body mechanics, air awareness, and safety, children practice progressive skills in an encouraging environment.

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TWISTERS:
6 - 12 YEARS (INTERMEDIATE)

YOUR GYMNAST IS SPRINGBOARDING!

Congratulations, children in this class have achieved a particular skill level! In this environment skill growth happens quickly. Trained instructors positively reinforce effort so children experience success and build their self-confidence, self-image, and self-esteem.



WHY THIS CLASS MATTERS

- Builds strength, flexibility, and control
- Teaches drive, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Advanced skill prep
- Encourages focus, positivity & teamwork in a fun setting



KEY SKILLS: INTERMEDIATE

- Tumbling:
 - Dive cartwheels
 - Round-off progressions
 - Handstand 90 degree pirouette
 - Backward rolls on a flat mat
 - Bridge kickover & splits
 - Front handspring & back handspring with support
- Vaulting: Squat through, straddle over, handstands
- Beam: Squat on mount; Jump variations; Cartwheel on low beam
- Bar: Back hip circle; Front hip circle with support; high bar skills
- Rings: Holds, Supports, Hangs

...AND MORE!

WHAT YOU CAN EXPECT

A structured class for children refining gymnastics skills through strength, flexibility, and confidence-building. With a focus on body mechanics, air awareness, and safety, children practice progressive skills in an encouraging environment.

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**AERIALS:
6 - 12 YEARS (ADVANCED)**

YOUR GYMNAST IS SPRINGBOARDING!

This class is for enthusiastic children who love to be challenged! Learn more advanced gymnastics through detailed skill-building drills that teach specialized body positions and movement patterns. Trained instructors present challenging, creative, and fun experiences to enhance technique and inspire a love for fitness.



WHY THIS CLASS MATTERS

- Builds fitness, conditioning, and agility
- Teaches resilience, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Enhances confidence through advanced skill mastery
- Encourages focus, discipline & team building in a fun setting



KEY SKILLS: ADVANCED

- Aerial Progressions
- Tumbling:
 - Back handspring
 - Round off, back handspring
 - Backwards walkover
 - Backward extension roll & drive rolls
 - Straddle up to handstand
 - Handstand 180 degree pirouette
- Beam: Springboard mounts, Cartwheel on high beam, Cartwheel to side handstand dismount
- Bar: Glide Kip drills, Circles (Front hip) & Dismounts (Fly away drills)
- Rings: Holds, Supports, Hangs

...AND MORE!

WHAT YOU CAN EXPECT

A structured class for children refining gymnastics skills through strength, flexibility, and confidence-building. With a focus on body mechanics, air awareness, and safety, children practice progressive skills in an encouraging environment.

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JETS:
6 - 12 YEARS (ADVANCED TEAM)

YOUR GYMNAST IS SPRINGBOARDING!

Congratulations, children in this class have achieved a high degree of skill and are ready to take their gymnastics to the next level! Trained instructors integrate conditioning and strength activities to help children master new skills and sequences through group cooperation and teamwork. With each new achievement, gymnasts build confidence in themselves, and also each other.



WHY THIS CLASS MATTERS

- Builds strength and power
- Teaches perseverance, goal-setting & wellness
- Reinforces safe movement and injury prevention
- Enhances confidence through advanced sequence mastery
- Encourages focus, work ethic & team camaraderie in a fun setting



KEY SKILLS: ADVANCED TEAM

- Aerial variations: Round off, back handspring, back tuck somersault
- Tumbling:
 - Back tuck somersault
 - Backward roll to handstand
 - Forward walkover & front handsprings
 - Straddle Lever to handstand
 - Handstand 360 degree pirouette
- Beam: Backwards walkover, Handstand to forward roll, Jump & leap combinations on high beam
- Bar: Mounts Glide Kip, Circles, Cast to handstand
- Rings: Holds, Supports, Hangs

...AND MORE!

WHAT YOU CAN EXPECT

A structured class for children refining gymnastics skills through strength, flexibility, and confidence-building. With a focus on body mechanics, air awareness, and safety, children practice progressive skills in an encouraging environment.

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