



SPRINGBOARD Day

**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.

**THE Little
Gym®
Serious Fun.**