



SPRINGBOARD Day

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.

**THE Little
Gym®**
Serious Fun.



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.