



# SPRINGBOARD Day

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.

**THE Little  
Gym®**  
Serious Fun.



### 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.